

Raleigh Yoga Center

www.raleighyoga.com

Class Schedule

Sept. 19 - Dec. 11, 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		6-7 am Wake & Re-Awake KIRSTEN		6-7 am Wake & Re-Awake KIRSTEN		
	8:15-9:45 am Fundamentals BETH		8:15-9:45 am Intro MELINDA			9-10:30 am All Levels LAURA
	10-11:30 am II JANE	10-11:30 am I JANE	10-11:30 am Flow JOANNE	10-11:30 am II JANE	10-11:30 am I JANE	
	12-12:45 pm Yoga Xpress LAURA		12-12:45 pm Yoga Xpress JOANNE		12-12:45 pm Yoga Xpress BETH	
	1-2:30 pm Gentle LAURA					1:00 pm Monthly Specialty Classes**
5-6:30 pm I/II KIRSTEN	5:45-7:15 pm I JANE		5:45-7:15 pm Intro CHRIS			
6:45-8:15 pm Fundamentals KIRSTEN	7:30-8:30 pm Flow JEFF	6:45-8:15 pm I/II JANE	7:30-9 pm I KIRSTEN	6:30-8 pm I CHRIS		

**Monthly Specialty Classes

- 2nd Saturday FREE Community Class 1.5 hrs Instructors vary
- 3rd Saturday Restorative/Pranayama/Meditation 2 hrs Instructors vary \$25
- 4th Saturday Asana Intensive 3hrs Jane \$35
- Classes are limited to 16 students. Please e-mail (from website) or call to reserve your space
- Community Class and Asana Intensive not appropriate for new beginners or those with health concerns

Raleigh Yoga Center 619 Oberlin Road, Raleigh, NC 27605 (Burnie Batchelor Bldg) Phone (919) 856-1390