



**Beginning, Experienced, and Gentle**

**Summer 2009: Jun 8 – Sep 5 (no classes Jul 4, Jul 31 – Aug 8)**

Class Times	Levels	Fees	Instructor
<b>Mondays: Jun 8 – Aug 31</b>			
4:00 – 5:30 pm	Āsana I	12 wks, \$144	Jan Barrett
6:00 – 7:30 pm	Āsana I-II	12 wks, \$144	Jan Barrett
8:00 – 9:00 pm	Āsana I (Teens)	12 wks, \$72/Drop-in \$7	Jan Barrett
<b>Tuesdays: Jun 9 – Sep 1</b>			
5:45 – 7:15 pm	Āsana I-II	12 wks, \$144	Carol Nichols
<b>Wednesdays: Jun 10 – Sep 2</b>			
9:30 – 11:00 am	Āsana I (Seniors)	12 wks, \$144	Jan Barrett
12:00 – 12:50 pm	Āsana I	12 wks, \$144	Jan Barrett
5:30 – 7:00 pm	Basics Series	4 wks, \$100/Drop-in \$30	Jan Barrett
	Session I: Lower Back (Jun 10 – Jul 1)		
	Session II: Neck & Shoulder (Jul 8 – 29)		
7:15 – 8:00 pm	Meditation Basics (all levels)		Jan Barrett
	4 wks, \$40; 8 wks, \$75; 12 wks \$108; Drop-in \$12		
<b>Thursdays: Jun 11 – Sep 3</b>			
8:30 – 10:00 am	Āsana I	12 wks, \$144	Jan Barrett
5:15 – 6:20 pm	Āsana I	12 wks, \$144	Jan Barrett
6:30 – 8:00 pm	Āsana II	12 wks, \$144	Jan Barrett
<b>Fridays: Jun 12 – Sep 4, Summer Workshop Jun 12, 7 – 9 pm</b>			
9:30 – 11:00 am	Gentle Āsana	10 wks, \$120	Jan Barrett
11:30 am – 1:00 pm	Āsana II	10 wks, \$120	Jan Barrett
<b>Saturdays: Jun 20 – Aug 29, Summer Workshop Jun 13, 9 am – noon, 2 – 4 pm</b>			
8:30 – 10:00 am	Āsana I	8 wks, \$96	Nichols/Barrett

**FOURTH FRIDAYS  
RESTORATIVE YOGA**  
5:30–6:30PM, \$13  
NO EXPERIENCE  
NEEDED, RESERVATIONS  
SUGGESTED

**CONNECT  
TO THE QUIET**  
**SAVASANA ... CORPSE POSE**  
RELAXATION CD  
\$19.49

**FEES & MAKE-UP CLASSES**  
Full course fee is due as classes begin.  
**Students may make up a missed class in any class of same or lower level, during the current class series.**  
Experienced students not currently enrolled may drop into any class, fee \$15. Students enrolled in more than one class per week pay \$10 for the 2nd / 3rd class. Āsana I-II students need 8 weeks experience in Iyengar yoga.

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