



YOGA SCHEDULE

Yoga For All Fitness Levels. Everyone Welcome!

Oct, Nov, & Dec

Week of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7-Oct	6:00AM		7:00PM		8:00AM	8:00AM
14-Oct	6:00AM		6:00PM (60 Min)		8:00AM	8:00AM
21-Oct	6:00AM		7:00PM		8:00AM	No Class
28-Oct	NO CLASS					
4-Nov	6:00AM		7:00PM		8:00AM	8:00AM
11-Nov	6:00AM		7:00PM		8:00AM	8:00AM
18-Nov	6:00AM		7:00PM		8:00AM	8:00AM
25-Nov	NO CLASS: THANKSGIVING					
2-Dec	6:00AM		7:00PM		8:00AM	8:00AM
9-Dec	6:00AM		7:00PM		8:00AM	8:00AM
16-Dec	6:00AM		7:00PM		8:00AM	8:00AM
23-Dec	NO CLASS: CHRISTMAS					
30-Dec	No Class		6:00PM (90 Min)		8:00AM	8:00AM
6-Jan	6:00AM		7:00PM		8:00AM	8:00AM
13-Jan	6:00AM		7:00PM		8:00AM	8:00AM

Class Descriptions

Set to music, all 4 classes will get your heart pumping while creating mental calm. We practice VINYASA FLOW which links yoga postures (asana) into sequences that are paced by the breath. It's a powerful moving meditation that will teach you to use your breath to release stress while you get what I promise will be one of your best workouts of the week. You will take your strength, balance, and flexibility to their edge while also getting a healthy dose of cardio. Monday & Friday: 65 Minutes / Wednesday & Saturday: 75 Minutes. (Saturday is a slightly louder, more challenging class for those who like to get their groove on. :))

Special New Year's Day Class!

On January 1st, please join me at 6PM for a 90 minute class.

A new year is the perfect opportunity to create a shift in your life. Maybe you want greater health or more joyful relationships. This class is designed to usher in 2014 in a powerful, cleansing way. Our practice will detoxify the mind and body and give you plenty of time for rejuvenation & purposeful intention setting for the bright, bold year of 2014.

Your Investment

\$100 12 Classes Throughout the Session (Any 12... you do not need to come the same day each week).

\$125 15 Classes Throughout Session

\$175 Unlimited Classes / week

\$10 Drop-In Fee

\$65 Student Rate for ages 9 - 17

50% Off If you and your better half register for a session, one of you gets 50% off!

(\$15) BRING A FRIEND! Invite a Friend for the entire series, and receive a \$15 discount on your tuition.

Please RSVP to save your mat spot! ljuarez@lesmith.com

***New Location!** All Classes are At Brittany's Dance Studio on North Main Street*

Above All Things Food (It's perfectly convenient 😊)