



# CLASS SCHEDULE

## May – June 2008

www.center4yoga.com

(517) 333-9883

	TIME	CLASS	INSTRUCTOR	PHONE	STUDIO	SESSION DATES	COST
MON	9:30 – 11:30 am	Iyengar Level 2-3 <i>p</i>	Ruth	333-9883	1	Mar 31 – Jun 16 *	\$ 150
	4:30 – 5:15 pm	Children's Yoga (ages 3-6, limit 8) #	Marianne	381-1836	2	Apr 21 – May 12	\$ 36
	5:30 – 7:30 pm	Iyengar Level 3-4 #	Ruth	333-9883	1	Mar 31 – Jun 16 *	\$ 150
	6:00 – 7:00 pm	Beginning Tai Chi	Cathy Stewart	373-5667	2	May 12 – June 16 * June 23 – Aug 4 *	\$ 50 \$ 50
	5:45 – 7:15 pm	Iyengar Level 1-2 <i>p</i>	Kathy Stover	645-2237	3	May 5 – Jun 30 *	\$ 88
	7:15 – 8:45 pm	Tai Chi Depth Training (2+ years experience) <i>p</i>	Dan	927-9608	2	Jun 2 – Jul 21 * Jul 28 – Sep 22 *	Call Dan
	7:30 – 9:00 pm	Prenatal Yoga ♥ #	Kathy Stover	645-2237	3	May 5 – Jun 30 *	\$ 96
	7:45 – 9:15 pm	Iyengar Level Beg - 1 <i>p</i>	Ruth	333-9883	1	Mar 31 – Jun 16 *	\$ 150
TUE	9:30 – 11:00 am	Yoga for Wellness ♥ <i>p</i>	Gaby	351-6640	3	May 6 – Jun 24 *	\$ 84
	9:45 – 11:00 am	Prenatal Transformation Hatha Yoga ♥ #	Joanne	641-6201	2	May 6 – May 20 Jun 17 – Jun 24	\$ 36 \$ 24
	5:30 – 6:30 pm	NIA and the Body's Way ♥ <i>p</i>	Pam	614-2857	3	May 6 – Jun 3 Jun 10 – Jul 1	\$ 32 \$ 40
	5:40 – 7:10 pm	Mind and Body Yoga Level 1-2 <i>p</i>	Kathy Ornish	485-5659	1	May 20 – Jun 17	\$ 60
	5:45 – 7:15 pm	Yoga Journey for Beginners & Beyond ♥ <i>p</i>	Tara	862-6963	2	May 20 – Jun 17	\$ 55
	7:15 – 9:15 pm	Iyengar Level 2 <i>p</i>	Ruth	333-9883	1	Apr 1 – Jun 17 *	\$ 150
	7:30 – 8:30 pm	Beginning Yoga	Randy	927-5121	2	CANCELLED	\$
	7:30 – 9:00 pm	Beginning Mind and Body Yoga ♥	Kathy Ornish	485-5659	3	May 20 – Jun 17	\$ 60
WED	9:30 – 11:00 am	Gentle Mind and Body Yoga ♥ <i>p</i>	Kathy Ornish	485-5659	2	May 21 – Jun 18	\$ 60
	10:00 – 11:30 am	Iyengar Yoga Level 1-3 <i>p</i>	Ruth	333-9883	1	Apr 2 – Jun 18 *	\$ 130
	11:30 – 1:00 pm	Yoga for Mid-Life & Older Beginners <i>p</i>	Kathy Stover	645-2237	3	May 7 – Jun 25 *	\$ 88
	1:00 – 2:15 pm	Mothers & Babies (2-6 months) ♥ # <i>p</i>	Stephanie	242-1300	2	Jun 11 – Jul 23 *	\$ 66
	1:15 – 2:30 pm	Mothers & Infants (Newborns - 2 months) ♥ # <i>p</i>	Stephanie	242-1300	3	Apr 23 – May 28	\$ 66
	1:45 – 3:00 pm	Mothers & Babies (2-6 months) ♥ # <i>p</i>	Ruth	333-9883	2	Apr 23 – May 28	\$ 55
	2:30 – 3:45 pm	Mothers & Infants (Newborns - 2 months) ♥ # <i>p</i>	Stephanie	242-1300	2	Jun 11 – Jul 23 *	\$ 66
	5:45 – 7:00 pm	Yoga Clinic	Tara	862-6963	3	May 7 – May 28	\$ 40
	5:45 – 7:00 pm	Yoga Practice from the Heart <i>p</i>	Ann	388-3625	3	Jun 4 – Jun 25	\$ 40
	5:45 – 7:15 pm	Iyengar Yoga Level 1-2 <i>p</i>	Ruth	333-9883	1	Apr 2 – Jun 18 *	\$ 130
	5:45 – 7:15 pm	Beginning Yoga ♥	Wendy	749-9811	2	May 14 – Jun 18	\$ 66
	7:15 – 9:00 pm	Mind & Body Yoga Level 2-3 <i>p</i>	Kathy Ornish	485-5659	3	May 21 – Jun 18	\$ 60
	7:30 – 9:00 pm	Prenatal Yoga ♥ #	Kathy Stover	645-2237	1	May 7 – Jun 25 *	\$ 96
	7:30 – 9:00 pm	Beg Viniyoga: Body and Breath Awareness	Wendy	749-9811	2	May 14 – Jun 18	\$ 72
THU	6:00 – 7:00 am	Rise with the Sun Yoga	Marie	332-3282	1	May 1 – Aug 28 *	\$ 115
	9:30 – 11:00 am	Yoga for Beginners	Gaby	351-6640	2	May 8 – Jun 26 *	\$ 72
	5:15 – 6:45 pm	Iyengar Yoga Beg - Level 1 <i>p</i>	Marie	332-3282	1	May 1 – Aug 28 *	\$ 140
	5:45 – 7:15 pm	Beginning Yoga for Every Body ♥ #	Clare	333-9883	2	May 15 – Jun 19	\$ 88
	5:45 – 7:15 pm	Viniyoga: Body & Breath Awareness Lev 1-2 ♥ <i>p</i>	Wendy	749-9811	3	May 7 – Jun 19	\$ 84
	7:15 – 8:30 pm	Yoga and Menopause ♥ #	Clare	333-9883	2	May 15 – Jun 19	\$ 84
	7:30 – 8:45 pm	Power Yoga: Strength w/ Breath in Movement <i>p</i>	Wendy	749-9811	3	May 7 – Jun 19	\$ 84
FRI	9:00 – 10:30 am	Iyengar Yoga Level 1-2 <i>p</i>	Kathy Stover	645-2237	1	May 9 – Jun 27	\$ 88
SAT	9:30 – 10:25 am	Beginning Yoga #	Ann	388-3625	2	May 31 – Jun 28	\$ 40
	10:30 – noon	Yoga Practice from the Heart <i>p</i>	Ann	388-3625	2	May 31 – Jun 28	\$ 60

♥ All levels welcome

# No drop-ins allowed

*p* punch cards accepted – see instructor

\* Skips a date – check website

Please contact individual instructors  
for registration information.

**To Register:** Please return this form with check payable to the CLASS INSTRUCTOR to:

(Instructor's name)  
Center for Yoga  
1780 E. Grand River Ave.  
East Lansing, MI 48823

Class, Day & Time \_\_\_\_\_ Instructor \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ Add me to the mailing list