



CLASS SCHEDULE

July – August 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 Fisk Kathy Stover	333-9883 645-2237	1	Jun 30 – Jul 14 Jul 21 – Aug 18	\$ 45 \$ 55
	5:30 – 7:30 pm	Iyengar Level 3-4 #	Ruth	333-9883	1	Jul 7 – Jul 21	\$ 45
	6:00 – 7:00 pm	Beginning Tai Chi	Cathy Stewart	373-5667	2	June 23 – Aug 4	\$ 50
	5:45 – 7:15 pm	Iyengar Level 1-2 <i>p</i>	Kathy Stover	645-2237	3	Jul 7 – Aug 18	\$ 77
	7:15 – 8:45 pm	Tai Chi Depth Training (2+ years experience) <i>p</i>	Dan	927-9608	2	Jul 28 – Sep 22 *	Call Dan
	7:30 – 9:00 pm	Prenatal Yoga ♥ #	Kathy Stover	645-2237	3	Jul 7 – Aug 18	\$ 84
	7:45 – 9:15 pm	Iyengar Level Beg - 1 <i>p</i>	Ruth	333-9883	1	Jul 7 – Jul 21	\$ 39
TUE	9:30 – 11:00 am	Yoga for Wellness ♥ <i>p</i>	Gaby	351-6640	3	Aug 12 – Sep 9 *	\$ 48
	9:45 – 11:00 am	Prenatal Transformation Hatha Yoga ♥ #	Joanne	641-6201	2	Jul 1 – Jul 29 Aug 5 – Aug 26 *	\$ 60 \$ 36
	5:30 – 6:30 pm	NIA and the Body's Way ♥ <i>p</i>	Pam	614-2857	3	Jul 15 – Jul 29 Aug 12 – Aug 26	\$ 30 \$ 30
	5:40 – 7:10 pm	Mind and Body Yoga Level 1-2 <i>p</i>	Kathy Ornish	485-5659	1	Jul 8 – Jul 29 Aug 5 – Aug 26	\$ 48 \$ 48
	5:45 – 7:15 pm	Yoga Clinic ♥ <i>p</i>	Tara	862-6963	2	Jul 8 – Jul 29	\$ 44
	7:15 – 9:15 pm	Iyengar Level 2 <i>p</i>	Ruth	333-9883	1	Jul 1 – Jul 22	\$ 60
	7:30 – 8:30 pm	Beginning Yoga	Randy	927-5121	2	Jul 8 – Jul 29	\$ 30
	7:30 – 9:00 pm	Beginning Mind and Body Yoga ♥	Kathy Ornish	485-5659	3	Jul 8 – Jul 29 Aug 5 – Aug 26	\$ 48 \$ 48
WED	9:30 – 11:00 am	Gentle Mind and Body Yoga ♥ <i>p</i>	Kathy Ornish	485-5659	2	Contact instructor	
	10:00 – 11:30 am	Iyengar Yoga Level 1-3 <i>p</i>	Ruth	333-9883	1	Jul 2 – Jul 23	\$ 52
	11:30 – 1:00 pm	Yoga for Mid-Life & Older Beginners <i>p</i>	Kathy Stover	645-2237	3	Jul 9 – Aug 20	\$ 77
	1:00 – 2:15 pm	Mothers & Babies (2 - 6 months) ♥ # <i>p</i>	Stephanie	242-1300	2	Jun 11 – Jul 23 *	\$ 66
	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 Practice from the Heart (Flow Yoga) <i>p</i>	Ann	388-3625	3	Jul 9 – Aug 20 *	\$ 65
	5:45 – 7:15 pm	Iyengar Yoga Level 1-2 <i>p</i>	Ruth	333-9883	1	Jul 2 – Jul 23	\$ 52
	5:45 – 7:15 pm	Beginning Yoga ♥		333-9883	2	See web for updates	
	7:15 – 9:00 pm	Mind & Body Yoga Level 2-3 <i>p</i>	Kathy Ornish	485-5659	3	Jul 9 – Aug 27	\$ 96
	7:30 – 9:00 pm	Prenatal Yoga ♥ #	Kathy Stover	645-2237	1	Jul 9 – Aug 20	\$ 84
7:30 – 9:00 pm	Beg Viniyoga: Body and Breath Awareness ♥	Wendy	749-9811	2	Jun 25 – Jul 23 * Aug 6 – Aug 27	\$ 48 \$ 48	
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	Will return in the Fall	
	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	Special Offerings			2	See web for updates	
	5:45 – 7:15 pm	Viniyoga: Body & Breath Awareness Lev 1-2 ♥ <i>p</i>	Wendy	749-9811	3	Jun 26 – Jul 24	\$ 48
	7:30 – 8:30 pm	Chilel Qigong	Aspen	651-5725	2	Jun 26 – Aug 14	\$ 80
	7:30 – 9:00 pm	Power Yoga: Strength & Endurance via Breath <i>p</i>	Wendy	749-9811	3	Jun 26 – Jul 24 * Aug 7 – Aug 28	\$ 48 \$ 48
FRI	9:00 – 10:30 am	Iyengar Yoga Level 1-2 <i>p</i>	Kathy Stover	645-2237	1	Will return in the Fall	
SAT	9:30 – 10:25 am	Beginning Yoga #	Ann	388-3625	2	Will return in the Fall	
	10:30 – noon	Yoga Practice from the Heart ♥ <i>p</i>	Ann	388-3625	2	Jul 12 – Aug 23 *	\$ 70

♥ 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 _____

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