

2010 North Woods Yoga Studio SPRING/SUMMER SCHEDULE

North Woods Yoga Studio (See map at northwoodsyooga.com.)
B.K.S. Iyengar Yoga Center of Northern Michigan
316 1/2 E. Mitchell
Petoskey, MI 49770
Mary Reilly, Director, Iyengar Certified
231-526-5041 or 231-526-9093

NWY Studio Session dates: May 18 – August 28, 2010, 15 weeks

Rates: One and a half hour classes: 15/ \$150, 12/ \$132, 8/ \$96, 4/ \$52, 1/\$15
One hour classes are 15/\$135, 12/\$121 ,8/ \$96, 4/ \$52, 1/ \$15

NWY Studio Schedule :

- Monday 5:30-7 pm beginners
- Tuesday 8:30-10:00 am intermediate
- Tuesday 10:15-11:15 am Easy does it beginners
- Tuesday 5:30-7 pm advanced intermediate
- Thursday 8:30-10 am intermediate
- Thursday 10:15-11:45 am beginners
- Thursday 5:30-7 pm intermediate

Harbor Springs Classes

Classes are held June 16- August 25th, 11 weeks, 11/\$132, 8/\$104 4/\$56 at 8:30-10 am at the Blackbird Gym

Harbor Springs classes at the Presbyterian church continue at 9-10:30 Wednesday mornings until June 9th, no class may 12th

You can register by calling 526-4840 (the Harbor Springs Community School) for the class held at the Blackbird Elementary School. For classes at the Presbyterian Church, register at first class or call (231) 526-5041/9093

Special May Focus Classes

The first week of May there will be special focus classes open to northwoods yoga students from this or any previous session. These stand alone workshops will be at exactly the same times as regular classes and will be geared to the same level of experience.

- Monday May 2nd 5:30-7 pm class will be on creating a home practice. This will be geared to beginners (experienced beginners) but open to any level.
- Tuesday 9-10:30 Asanas for the lower back, intermediate level
- Tuesday 10:45-11:45 Asanas for the lower back for beginners
- Tuesday 5:30-7 Asanas for the lower back advanced intermediate
- Thursday 9-10:30 Asanas for the neck and shoulders
- Thursday 10:45-12:15 Asanas for the neck and shoulders for beginners
- Thursday 5:30- 7 Asanas for the neck and shoulders intermediate

Cost for the workshops will be \$15 for hour and a half and \$12 for one hour workshops.