

2010 North Woods Yoga Studio SCHEDULE

I will be studying in Pune India at the Ramamani Iyengar Institute for the month of February so we will start bright and early in January. I would really appreciate your support in signing up for March and April in January. There will be 13 weeks possible and I will be offering the best price for a thirteen week card (\$130). You have so long to use it, it won't be hard to get in all your classes. If you need to make two payments in January, I can handle that. I will be giving handouts to help with practice while I am gone. I will be turning off the heat for the month so it is not possible to use the spaces if they are only heated for a few hours....

Mary

Weather Cancellation Policy: If school is cancelled, MORNING classes are cancelled.
For evening classes, call me at 231-526-5041 or 231-526-9093

North Woods Yoga Studio

See map at northwoodsyooga.com

Session dates: January 4th-28th February no class, March 1st-April 29th
13 classes/\$130, 8 classes/\$96, 4 classes/\$52

Monday 5:30-7: Beginners Level I & II

Tuesday 9-10:30: Mixed levels (not good for new beginners) Levels II & III

Tuesday 10:45-11:45: New beginners Yoga Level I (all beginners welcome)

Tuesday 5:30-7: Mixed, Level II-IV

Thursday 9-10:30: Mixed Levels II & III

Thursday 10:45-12:15: Beginner levels I & II

Thursday 5:30-7: Mixed level II & III.

Harbor Springs

North Woods Yoga classes at Harbor Springs Presbyterian Church:

Session dates: January 4th-28th February no class, March 1st-April 29th

13 classes/\$130, 8 classes/\$96, 4 classes/\$52

Wednesday 9-10:30 Beginners and Intermediate.

Harbor Springs Community School Classes (Register for these through the community school office 526-4840):

Blackbird Elementary Gym

Session dates: January 6th through the 27th and March 3rd-31st

9 weeks, \$108

Wednesday 5:30-7 pm Beginners through Intermediate.

Yoga for Men

Session dates: January only, 4 weeks, \$40

Wednesday 4:15-5:15 pm