

## Schedule of daily events, January 2008 • Community Yoga Center

Day	Time	Class	Instructor	Drop-in Fee	Series Fees and Notes
<b>Mon</b>	9:00 - 10:30 am	Anusara Yoga Level 1 - 2	Peggy Profant	\$10	\$40 - \$50
	11:00 - Noon	Baby Boogie	Julie Lerwill	\$1 - \$3	
	1:00 - 2:15 pm	Tai Chi	Glenda Hesseltine	\$10	4 for \$40, 20% discount students
	4:10 - 5:10 pm	Meditation Group	Heidi Bourne	\$3	\$10 per month
	5:30 - 6:45 pm	Anusara Yoga Level 1	Robyn Smith IFY	\$12	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
<b>Tues</b>	7:00 - 9:00 am	Mysore-style Ashtanga Yoga	Juliet Smith	\$10	First class free, \$80 for 10 classes*
	9:15 - 10:30 am	Anusara Yoga Level 1 - 2	Patrick Harestad IFY	\$10	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
	Noon - 1:15 pm	Yoga Level 1	James Athing	\$10	6 for \$48
	1:30pm - 3:30 pm	Mom & Baby Yoga****	Jodie DiMinno	\$3 - \$5	****Begins Feb. 5. Dads welcome too.
	3:30 - 4:30 pm	Children's Yoga 4 - 7 years	Tanya Hunt	\$7 - \$10	
	5:30 - 7:00 pm	Anusara Yoga Level 2	Robyn Smith IFY	\$10	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
	7:15 - 8:30 pm	Anusara Yoga Level 2 - 3	Patrick Harestad IFY	\$10	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
<b>Wed</b>	8:30 - 9:45 am	Anusara Yoga Level 1 - 2	Robyn Smith IFY	\$10	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
	10:00 - 11:15 am	Anusara Yoga Level 1	Robyn Smith IFY	\$5 - \$12	
	1130am - 1:30pm	Anusara Practice Level 2 - 3	Peggy Profant	\$12	
	5:00 - 6:15 pm	Prenatal Yoga	Paula Scott	\$9	6 for \$40 - \$50
	7:00 - 9:30 pm	Beginning Psychic Awareness	Melanie Z. Tolley		\$200 for series
<b>Thurs</b>	7:00 - 9:00 am	Mysore-style Ashtanga Yoga	Juliet Smith	\$10	First class free, \$80 for 10 classes*
	9:15 - 10:30 am	Anusara Yoga Level 1 - 2	Kendra Inzer IFY	\$10	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
	5:30 - 6:50 pm	Anusara Yoga Level 1 - 2	Robyn / Patrick IFY	\$12	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
	8:30 - 11:00 pm	Dance Jam with DJ	Cynthia McCloud	\$3 - \$5	Now happening every Thursday
<b>Fri</b>	9:00 - 10:30 am	Anusara Yoga Level 1 - 2 +	Robyn Smith IFY	\$12	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
	10:45 am - noon	Yoga Basics (starts Jan. 4)	Kendra Inzer IFY	\$10	3 for \$30, 6 for \$50 - \$65, 12 for \$95 - \$120*
	5:30 - 6:45 pm	Yoga Level 1	James Athing	\$12	6 for \$48
<b>Sat</b>	8:30 - 9:45 am	Yoga For Stiff People	Lorna Brown	\$10	
<b>Sun</b>	9:00 - 10:30 am	Yogananda Meditation Group		donation	2nd and 4th Sundays each month
	6:00 - 8:00 pm	Tibetan Meditation Group		donation	Every Sunday

If you have a question about a class, please call the Instructor. \*Seniors and full-time students: ask about special prices.