TRIANGLE YOGA

Fall Schedule ☯ Sept 10th-Dec 31st '07
930 Martin Luther King Jr Blvd, Chapel Hill. NC 27514
919-933-9642 www.triangleyoga.com

***SESSION CLASSES** run for a series of weeks and require full payment in advance. Session classes will accept drop-ins for $15 ($13 for children's classes) but Pass Cards are not accepted. No discounts and no refunds are available for Session Classes.

*SESSION CLASSES ARE:

Kids Yoga (4-8yrs)……Thu 4:00pm……9/13-12/13…13 classes $143
Prenatal Yoga……Mon 5:45pm……9/10-12/10…14 classes $183
Postnatal Yoga……Mon 10:45am……9/10-12/10…14 classes $183
Aerial Yoga 1……Mon 7:30pm……9/10-10/22……7 classes $91
Aerial Yoga 2……Mon 7:30pm……11/5-12/17……7 classes $91
Anusara Yoga 1……Tue 7:30pm……9/18-12/11…13 classes $169
Thu 5:45pm……9/20-12/13…13 classes $169
Anusara Yoga 1-2……Wed 7:30pm……9/19-12/12…13 classes $169
Sat 9:00am……9/22-12/15…13 classes $169
Anusara Practice 2+……Wed 5:45am……9/19-12/12….13 classes $169
*Thu 10:45am……9/20-12/13..13 classes $169
Anusara Yoga 2-3……Tue 5:45pm……9/18-12/11…13 classes $169
*Wednesday's 5:45pm & Thursday's 10:45am Anusara Practice 2+ are open to Passcard holders,

WEEKEND SPECIALS are posted on our web site and announced on studio clip boards where you can sign up. The fee is usually $30 and pre-payment is required.

FIND THE CLASS THAT'S RIGHT FOR YOU

Intro to Yoga: Pre-Level 1; Basic foundations of the yoga poses.
Level 1 (Beginning): Continuing beginner.
Level 1-2 (Intermediate): Physically challenging introduction to more advanced poses.
Level 2-3 (Advanced): For experienced students looking to deepen their practice.
Level 1-3: Mixed levels, everyone welcome.