



TRIANGLE YOGA ☯ WINTER SESSION 2008

Kids Yoga (4-8 yrs) w/Jaime Kozlowski	Thursdays: 4:15pm -5:15pm No make-ups.	13 classes: 1/10 -3/27 Buy 7 classes or more to receive the discount of \$11 per class, or pay drop-in @\$13 per class.	\$143
Aerial Yoga 1 w/Rebecca Drake	Monday 7:30pm – 9:00pm	6 classes: 1/21 – 2/25 (Make ups in any of Rebecca's classes)	\$78
Prenatal Yoga w/Amy Gorely	Monday 5:45pm - 7:15pm Due to the nature of the Prenatal student, starting and ending your session, at any time, is allowed.	13 classes: 1/7 - 3/31 Buy 5 classes or more to receive the discount.	\$169
Postnatal Yoga w/Stacey Cutbush	Monday 10:45am – 12:15pm Bring the baby! From 4 weeks to crawling.	12 classes: 1/14 -3/31 Buy 5 classes or more to receive the discount.	\$156
Hoop Dance for Beginngers w/Jonathan Baxter	Thursdays,7:30pm - 9:00pm Purchase your custom made hula hoop for \$45, or rent one for 6 weeks with an option to buy.	6 classes: 1/10 - 2/14 (Make-ups available in Hooping 2)	\$78
Tango Dance 1 for Beginners w/Kristin Young	Thursdays,7:30pm - 9:00pm	6 classes: 1/10 - 2/14 (Make-ups available in Tango 2)	\$78
Anusara Yoga 1	Tuesdays, 7:30pm - 9:00pm	13 classes: 1/15 - 4/8 (Make-ups on Thu at 5:45pm)	\$169
	Thursdays, 5:45pm - 7:15pm	13 classes: 1/17-4/10 (Make-ups on Tue at 7:30pm)	\$169
Anusara Yoga 1-2	Wednesday 7:30pm – 9:00pm	13 classes: 1/16-4/9 (Make-ups on Sat at 9am)	\$169
Anusara Practice 2+	* Wednesday 5:45pm – 7:15pm Students must know full wheel & handstand by the wall.	13 classes: 1/16-4/9 (Make-ups in any Anusara Class)	\$169
	* Thursday 10:45am – 12:15pm Students must know full wheel & handstand by the wall.	13 classes: 1/17-4/10 (Make-ups in any Anusara Class)	\$169
Anusara Yoga 2-3	Tuesday 5:45pm – 7:15pm Students must know full wheel & handstand by the wall.	13 classes: 1/15- 4/8 (Make-ups in any Anusara Class)	\$169
* Anusara class: Passcard friendly!			

☯ TRIANGLE YOGA ☯

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