

Yoga Tree Weekly Schedule - September 2010

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
6:30 - 7:00						
7:00 - 7:30						
8:30 - 9:00		Ashtanga Yoga CECILIA (ladies only) 8:30-10:00	Intro (Kripalu) Yoga ELINA (ladies only) 8:30-9:45	Hatha Yoga JULIE (ladies only) 8:30 - 9:30	Ashtanga Yoga CECILIA (ladies only) 8:30-10:00	Kripalu Flow Yoga MELISSA (ladies only) 8:30 - 9:45
9:00 - 9:30						
9:30 - 10:00						
10:00 - 10:30	Vinyasa (Kripalu) Yoga (mixed) MELISSA 10:00-11:15	Pre-natal Yoga BARBARA/CECILIA 10:15-11:15 SIGN UP	Ashtanga Yoga CECILIA (ladies only) 10:00-11:30			
10:30 - 11:00						
11:00 - 11:30				* Mommy & Baby Yoga BARBARA 11:00-12:00		
11:30 - 12:00						
4:30 - 5:00						
5:00 - 5:30		* Pre-natal Yoga ELINA 5:00-6:00 SIGN UP	Intro Yoga (Kripalu) ELINA (ladies only) 5:00-6:15	* Pre-natal Yoga ELINA/CECILIA 5:00 -6:00 SIGN UP	Intro Yoga (Kripalu) ELINA (ladies only) 5:00-6:15	
5:30 - 6:00						
6:00 - 6:30						
6:30 - 7:00	Vinyasa Yoga LAILA (mixed) 6:30-8:00	Kripalu Yoga MELISSA (mixed) 6:30-7:45			Vinyasa Yoga LAILA (mixed) 6:30-8:00	Hatha Flow Yoga NANA (mixed) 6.30-7:30
7:00 - 7:30						
7:30 - 8:00						
8:00 - 8:30		Ashtanga Yoga CECILIA (mixed) SIGN UP 8:00-9:30				
8:30 - 9:00						
9:00 - 9:30						

Classes with an * are held with a min of 5 people on a sign up & pre-pay basis (drop ins welcome to some classes).

These classes are by sign up and punch card only.

Pre-natal yoga sessions are by sign up only (cost is divided by number of students).

Please note that we review our schedule monthly.

We are happy to consider additional timings but need 5 people to establish a new class.

Written approval from doctor is required for Pre-natal Yoga.

Schedule and prices are subject to change and substitute teachers may be used.

Please note that cash payment only is accepted.

ATT:

Classes restart Monday 13th of September at
Yoga Tree Studio as per schedule.

Yoga Tree Prices

(Cost Per Class)	1 and 1¼ Hour	1½ Hours	Package Total
10 Group Class Punch Card			540
Yoga Class	60	65	
* Mommy & Baby Yoga			240 (4 classes)
Private Sessions (55min)	250	325	
10 Private Sessions Punch Card			2450 (55 min)