

# January/February Schedule

## Yoga Class Schedule

ROBIN'S YOGA & HEALING CTR, LLC  
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### PRICES:

<b><u>PRENATAL YOGA</u></b> \$5/any class Thursdays at 5:30pm	<b><u>GROUP YOGA</u></b> <b><u>CLASSES</u></b> 1 class/wk \$100/2 months 2 classes/wk \$180/2month <b>UNLIMITED \$250/2 months</b> Unlimited for a year \$1500 <b>\$15/class Drop-in Fee</b>	<b><u>YOGA/THAI CHI</u></b> <b><u>CLASS</u></b> \$100/8 weeks Pre-registration w/Martin
<b><u>TRAINEE \$5</u></b> <b><u>DROP-IN CLASS</u></b> These classes are taught by our Yoga Teacher Training Students		<b><u>PERSONAL JOURNEY</u></b> <b><u>PRIVATE YOGA CLASSES</u></b> w/ROBIN \$50/hr or 10 for \$350

DAY	TIME	CLASSES	DATES	INSTRUCTOR
Monday	10:00-11:00 AM	Advanced Yoga	Jan/Feb	Sandy Wolf
Monday	3:30-4:30 PM	Yoga/Meditation	Jan/Feb	Danielle McCoy
Monday	5:45-6:45 PM	Trainee \$5 Drop-In Class	Jan/Feb	Cornelia Dinca
Tuesday	9:30-10:30 AM	Beginner Yoga	Jan/Feb	Robin Anderson
Tuesday	4:15-5:15 PM	Beginner Yoga	Jan/Feb	Sandy Wolf
Tuesday	7:00-8:00 PM	Beginner Yoga	Jan/Feb	Robin Anderson
Tuesday	7:00-8:00 PM	Stress Reduction Yoga Rm. 6	Jan/Feb	Ed Sipowicz
Wednesday	10:00-11:00 AM	Beginner Yoga	Jan/Feb	Sandy Wolf
Wednesday	3:30-4:30 PM	Trainee \$5 Drop-In Class	Jan/Feb	Leanne Squeglia
Wednesday	3:30-4:30 PM	Feldenkrais-Rm. 3	Jan/Feb	Abha Poddar
Wednesday	4:30-5:30 PM	Feldenkrais-Rm. 3	Jan/Feb	Abha Poddar
Wednesday	7:00-8:00 PM	Beginner Yoga-Rm. 3	Jan/Feb	Kristina Tiedke
Wednesday	7:00-8:00 PM	Ashtanga/POWER YOGA	Jan/Feb	Robin Anderson
Thursday	9:30-10:30 AM	Beginner Yoga	Jan/Feb	Robin Anderson
Thursday	4:15-5:15 PM	Men's Yoga	Jan/Feb	Ed Sipowicz
Thursday	5:30-6:30 PM	Prenatal Yoga \$5	Jan/Feb	Sandy Wolf
Thursday	7:00-8:00 PM	Beginner Yoga	Jan/Feb	Sandy Wolf
Friday	10:30-11:30 AM	Intro to Advanced Yoga	Jan/Feb	Robin Anderson
Friday	6:00-7:00 PM	Beginner Yoga	Jan/Feb	Kristina Tiedke
Saturday	11:00 AM-Noon	Feldenkrais	Jan/Feb	Abha Poddar