

March 2008 Yoga Class Schedule

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

<u>PRENATAL YOGA</u> \$5/any class Thursdays at 5:30pm <i>are geared specifically for Prenatal Students</i>	<u>GROUP YOGA</u> 1 class/wk \$50/month 2 classes/wk \$90/month \$15/class Drop-in Fee	<u>TRAINEE CLASS</u> \$5 DROP-IN Trainee classes are taught by our Yoga Teacher Training Students
<u>YOGA/THAI CHI CLASS</u> \$100/8 weeks Pre-register w/Martin 978-534-5675	<u>UNLIMITED CLASSES</u> \$125/ month Unlimited for a year \$1500	<u>PRIVATE YOGA PERSONAL JOURNEY SESSIONS</u> w/Robin \$50/hr or 10 for \$350

DAY	TIME	CLASSES	DATE	INSTRUCTOR
Monday	10:-11:00 AM	Advanced Yoga	Mar	Sandy Wolf
Monday	4:45-5:15 PM	Karate	Mar	Matt Hoffman
Monday	5:45-6:45 PM	Trainee \$5 Drop-In Class	Mar	Karen Kushner
Monday	7:00-8:00 PM	Meditation	Mar	Danielle McCoy
Monday	7:00-8:00 PM	Freedom from Pain -Rm. 3	Mar	Neeru
Tuesday	9:30-10:30 AM	Beginner Yoga	Mar	Robin Anderson
Tuesday	12-1 PM	Modified Yoga	Mar	Won DeLetis
Tuesday	4:15-5:15 PM	Beginner Yoga	Mar	Sandy Wolf
Tuesday	7:00-8:00 PM	Beginner Yoga	Mar	Robin Anderson
Wednesday	10-11:00 AM	Beginner Yoga	Mar	Sandy Wolf
Wednesday	3:30-4:30 PM	Feldenkrais-Rm. 3	Mar	Neeru
Wednesday	4:30-5:30 PM	Feldenkrais-Rm. 3	Mar	Neeru
Wednesday	4:45-5:15 PM	Karate	Mar	Matt Hoffman
Wednesday	5:45-6:45 PM	Beginner Yoga	Mar	Cornelia Dinca
Wednesday	7:00-8:00 PM	Beginner Yoga-Rm. 3	Mar	Kristina Tiedke
Wednesday	7:00-8:00 PM	Ashtanga/POWER YOGA	Mar	Robin Anderson
Thursday	9:30-10:30 AM	Beginner Yoga	Mar	Robin Anderson
Thursday	5:30-6:30 PM	Prenatal Yoga \$5	Mar	Sandy Wolf
Thursday	7:00-8:00 PM	Beginner Yoga	Mar	Sandy Wolf
Friday	9-10 AM	Advanced Yoga	Mar	Won DeLetis
Friday	10:30-11:30 AM	Intro to Advanced Yoga	Mar	Robin Anderson
Friday	6:00-7:00 PM	Beginner Yoga	Mar	Kristina Tiedke
Saturday	11:00 AM-Noon	Feldenkrais-Rm. 3	Mar	Neeru