



Early Fall Session 2021

September 20th - October 28th 6 Weeks

\$60/ one class per week \$108/ two classes per week

\$108 Household price one class per week

\$204 Household price two classes per week

\$156 Household price if one person takes an additional class

Beginning Level Yoga

Monday and Wednesday

from 4pm - 5:30pm

Continuing Beginning Level Yoga

Monday from 9am -

10:30am and Thursday from 4pm - 5:30pm

Intermediate Level Yoga

Tuesday 4 pm -5:30 pm and

Thursday 9am -10:30am

Fortifying the Immune System Workshop

Saturday, Oct 30th

9:30 - Noon and 2 - 3:30 pm

Active asana in the morning, followed by a quiet afternoon practice

\$50 for both classes; \$35 morning only, \$25 afternoon only

High quality props for your home practice are for sale. Props help us align our bodies with greater ease in each pose.

Mats, bolsters, blankets, blocks, straps and chairs are available.

Registration Steps

1. Email Lori with your choice of class/ classes and workshops and your method of payment

2. Payment can be made in the following ways:

Personal Check (address below)

Venmo

Zelle

PayPal (consider adding 3% to cover added fees if you are using a credit card)

If you are facing financial difficulties at this time, please reach out to me and we will arrange a way for you to take class!

Lori Gholson

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