



Spring Session 2021

March 15th through May 6th 8 weeks

\$80/ one class per week

\$144/ two classes per week

\$144 Household price one class per week

\$272 Household price two classes per week

\$208 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

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.

Spring Session Mini Workshops

Exploring the Gifts of Conscious Breathing through Pranayama

Saturday March 27th 10 am-12 noon \$15

We will continue to deepen our understanding of this powerful practice and how it touches our lives..

Balancing Poses...More than Meets the Eye!

Saturday April 24th 10 am -12 noon \$15

Learning how to use our feet, legs, core and brain properly is essential for cultivating the art of balance. A variety of poses will be offered.

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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