



lifeyoga

SCHEDULE ◊ SUMMER 09

DAY	TIME	CLASS	TEACHER	LEVEL	NOTES
MON	10:15-11:15AM	KID'S YOGA	AARON	AGES 4-7	<i>JULY ONLY</i> call to pre-register
	12:00-1:00PM	JIVAMUKTI	LIBBY	II-III	<i>STARTS AUGUST</i>
	4:00-5:00PM	KID'S YOGA	SHARON	AGES 8-12	<i>JULY ONLY</i> call to pre-register
	6:00-7:30PM	LED ASHTANGA	MELANIE	II-III	
TUE	7:00-8:30AM	MYSORE ASHTANGA	MELANIE	ALL	
	12:00-1:00PM	YOGA BASICS	NATHALIE	I	
	6:00-7:30PM	VINYASA FLOW	NATHALIE	II-III	
	7:45-9:15PM	INTRO TO ASHTANGA	NATHALIE	I-II	
WED	12:00-1:00PM	YOGA BASICS	NATHALIE	I	
	6:00-7:30PM	LED ASHTANGA	MELANIE	III	
	7:45-9:15PM	JIVAMUKTI	LIBBY	II-III	<i>STARTS AUGUST</i>
THU	7:00-8:30AM	MYSORE ASHTANGA	NATHALIE	ALL	
	9:00-10:30AM	FLOW (YOGAWORKS METHOD)	NATHALIE	II	
	6:00-7:30PM	YOGA BASICS	NATHALIE	I	
FRI	9:00-10:15AM	YOGA BASICS	NATHALIE	I	
	9:00-10:15AM	KID'S YOGA	MELISSA	AGES 4-7	<i>JULY ONLY</i> call to pre-register
	10:30-11:30AM	MOMMY & ME YOGA	MELISSA	AGES INFANT - 3 YRS	call to pre-register
SAT	3:00-4:00PM	KID'S YOGA	MELISSA	AGES 8-12	<i>JULY ONLY</i> call to pre-register
	9:30-11:00AM	FLOW (YOGAWORKS METHOD)	NATHALIE	II-III	
	11:15-12:15PM	KID'S YOGA	MELISSA	AGES 4-7 AGES 8-12	<i>JULY ONLY</i> call to pre-register
SUN	4:00-5:30PM	INTRO TO ASHTANGA	NATHALIE	ALL	
	10:00-11:30AM	YOGA BASICS	SHARON	I	
	11:45-12:45PM	FREE LIFE YOGA COMMUNITY CLASS	NATHALIE	I	<i>AUGUST TBA</i>
	4:30-6:00PM	HATHA BLEND	LINDSEY	II	