



# Mindful Turtle Yoga & Wellness

## WINTER 2011 YOGA SCHEDULE

Effective February 6<sup>th</sup>, 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:45am Ashtanga Short-Form <i>Lauren</i>			8:30 - 9:45am Hatha <i>Debbie</i>	8:30 - 9:45am CORE Yoga <i>Tony</i>		8:30 - 9:45am Shakti Yoga Flow <i>Lisa I</i>
10:00 - 11:15am Hatha <i>Lauren</i>	10:00 - 11:30am Shakti Yoga Flow <i>Lisa I</i>	10:00 - 11:15am Ashtanga Short-Form <i>Danielle G</i>	10:00 - 11:15am Hatha <i>Jackie</i>	10:00 - 11:15am Kripalu Yoga (moderate level) <i>Valerie</i>	10:00 - 11:15am Multi-Level Flow <i>Danielle G</i>	10:00 - 11:15am Hatha <i>Jason</i>
11:30 - 12:45pm Fun with Vinyasa <i>Jackie</i>	10:00 - 11:15am Hatha <i>Debbie</i>	10:00 - 11:15am Kripalu Yoga (gentle level) <i>Theresa</i>	10:00 - 11:15am Ashtanga Short-Form <i>Sara</i>	11:30 - 12:45pm Kripalu Yoga (gentle level) <i>Valerie</i>	10:00 - 11:00am Pilates Mat <i>Kelly</i>	
		11:30 - 12:30pm Hatha for Women 55 & Over <i>Danielle G</i> (reservations req)			11:30 - 12:30pm Awareness Through Movement <i>Kelly</i>	
	4:15 - 5:00pm Kids Yoga <i>Danielle T</i> (reservations req)	4:45 - 6:00pm Kripalu Yoga (mixed level) <i>Valerie</i>	4:00 - 5:00pm Yoga for Breast Cancer <i>Danielle T</i> (reservations req)	4:30 - 5:45pm Multi-Level Flow <i>Debbie</i>	4:30 - 5:30pm Hatha <i>Jac</i>	4:30 - 5:45pm Ashtanga Inspired Vinyasa <i>Jackie</i>
	5:00 - 6:00pm Evening Yoga <i>Lisa M</i>	6:45 - 8:00pm Shakti Yoga Flow <i>Lisa I</i>	5:00 - 6:00pm Evening Yoga <i>Danielle T</i>	5:45 - 7:30pm Ashtanga Full Primary <i>Misty</i>	5:45 - 7:00pm Ashtanga-Inspired Vinyasa <i>Jason</i>	
	6:00 - 7:15pm Intro to Ashtanga <i>Danielle G</i>	7:15 - 8:15pm Hatha <i>Jac</i>	6:45 - 8:00pm Power Vinyasa <i>Jimmy</i>	7:30 - 8:45pm Vinyasa Yoga <i>Jackie</i>		
	7:30 - 8:45pm Vinyasa <i>Jackie</i>	8:30 - 9:45pm Fun with Vinyasa <i>Jackie</i>	7:15 - 8:30pm Gentle Vinyasa <i>Jac</i>			

### Yoga Class Pricing and Packages

Walk In	\$20	First Time Discounts	
5-Classes	\$80 (3 mon expiration)		\$35 (first week), \$95 (first month)
10-Classes	\$120 (3 mon expiration)		\$69 (first month w/3 month of auto-renew at \$115)
10-Classes	\$160 (6 mon expiration)	Student Discounts	
1-Month Unlimited	\$140		\$100 (10 card), \$115 (1 month unlimited)
Unlimited, Auto-Renew	\$115 per month (4 mon min)	Private, Semi-Private & Corporate Yoga also available	