



# - The Yoga Studio -



37776 2nd Avenue on the Second Floor.

## \*SUMMER SPECIALS\*

2-WEEK PASS \$40

FIRST CLASS \$5

### May - August Schedule 2009

Monday	5:30 to 6:45 p.m.	Ashtanga
Tuesday	7:00 to 9:00 a.m. 9:30 to 11 a.m. Noon to 1:00 5:30 to 6:45 p.m.	Open Practice EXPLORE CORE Alignment
Wednesday	9:30 to 11 a.m. Noon to 1:00 5:30 to 6:45 p.m. 7:00 to 8 p.m.	AT EASE Ashtanga Intro to Ashtanga CORE
Thursday	7:00 to 9:00 9:30 to 11 a.m. Noon to 1:00 5:30 p.m. to 6:45 p.m. 7:00 to 8:30 p.m.	Open Practice Alignment CORE EXPLORE YIN
Friday	9:30 to 11 a.m. Noon to 1:00 <b>5:30 to 7:00 p.m.</b>	Intro to Ashtanga EXPLORE <b>Ashtanga Level 2</b>
Saturday	10 to 11:30 a.m. 5:30 to 6:45 p.m.	EXPLORE AT EASE
Sunday	5:30 to 6:45 p.m. 7:00 to 8:00 p.m.	Ashtanga YIN

WHITE - Great for Beginners (ALL Levels Welcome!)

BLACK - Some Experience Recommended

**RED - Ashtanga Experience Necessary**

\*Class Descriptions, Prices, Map and Schedule available at

[www.theyogastudiosquamish.com](http://www.theyogastudiosquamish.com)\*

