



# Balance Yoga & Wellness Class Schedule

## Sunday

8:00 - 10:00 AM	Mysore Ashtanga	Jessica
10:00 - 11:30 AM	Community Class	Tim
10:15 - 11:30 AM	*Pranayama	Jessica/Steve
4:00 - 5:30 PM	Prenatal (Starts July 10th)	Tamar
6:00 - 7:30 PM	Unwind	Tamar
6:00 - 7:30 PM	Vinyasa - Vigorous	Cheryl

## Monday

6:30 - 9:00 AM	Mysore Ashtanga	Meredith
9:00 - 10:30 AM	Gentle Yoga	Amy
4:15 - 5:45 PM	Anusara L1	Laura
5:00 - 7:00 PM	Mysore Ashtanga	Jessica
6:00 - 7:30 PM	Anusara L2	Laura
7:15 - 8:30 PM	Power Vinyasa	Kelly

## Tuesday

6:30 - 9:00 AM	Mysore Ashtanga	Jessica
7:30 - 9:00 AM	Power Vinyasa	Kelly
4:30 - 4:45 PM	Vinyasa	Sharon
5:00 - 7:00 PM	Mysore Ashtanga	Meredith
6:00 - 7:30 PM	Vinyasa - Vigorous	Cheryl
7:15 - 8:45 PM	Community Class	Ann
7:30 - 8:30 PM	Restorative	Cheryl

## Wednesday

6:30 - 9:00 AM	Mysore Ashtanga	Meredith
9:00 - 10:30 AM	Anusara L2	Laura
5:00 - 7:00 PM	Mysore Ashtanga	Jessica
6:00 - 7:15 PM	Beginners Yoga	Amy
7:15 - 8:45 PM	Anusara L3	Laura
7:30 - 8:30 PM	*Yin Yoga/Meditation	Amy

## Thursday

6:30 - 9:00 AM	Mysore Ashtanga	Jessica
9:00 - 10:30 AM	Gentle Yoga	Amy
4:30 - 5:45 PM	Beginners Yoga	Cheryl
5:00 - 7:00 PM	Mysore Ashtanga	Meredith
6:00 - 7:30 PM	Vinyasa - Vigorous	Cheryl
7:15 - 8:30 PM	Unwind	Amy/Tamar

## Friday

7:30 - 9:00 AM	Led Ashtanga	Meredith
9:00 - 10:30 AM	Anusara L2	Laura
5:45 - 7:15 PM	Restorative	Tamar

## Saturday

9:00 - 10:30 AM	Kundalini	Amanda
9:00 - 10:30 AM	Anusara L3	Laura
10:45 - 12:15 PM	Anusara L1	Laura
10:45 - 12:15 PM	Vinyasa	Cheryl/Amanda

*\*No Pranayama classes July 3rd - August 13th. Classes resume Aug. 20th.*

*\* Yin Yoga/Meditation starts July 6th, free class June 29th.*

For class descriptions and more information on yoga styles see

[www.balanceyogawellness.com](http://www.balanceyogawellness.com)

If you have any questions about finding the right class for you call us at **309-9618** or email [info@balanceyogawellness.com](mailto:info@balanceyogawellness.com)

## Yoga Class Prices

Drop In	\$15
5 Class Card	\$65 (valid 2 months)
10 Class Card	\$120 (valid 4 months)
20 Class Card	\$220 (valid 6 months)
5 Classes/Week	\$150 (valid 1 month)
Monthly Unlimited	\$180 (valid 1 month)

Credit cards, checks and cash accepted for payment.  
Student discounts available.

Whether new to yoga or experienced, Balance Yoga & Wellness has a number of offerings for you:

- Two charming studios with **30+ classes** per week
- Community lounge, retail and showers available
- Massage, stress management and **Phoenix Rising** Yoga Therapy
- **Ayurvedic** Health Counseling and **Pranayama** breath instruction
- Highly trained instructors in **Ashtanga, Anusara, Vinyasa, Restorative, and Kundalini**
- Private and semi-private yoga sessions available
- **Workshops** by leading teachers from around the world

[www.balanceyogawellness.com](http://www.balanceyogawellness.com)  
[info@balanceyogawellness.com](mailto:info@balanceyogawellness.com)

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in mid-city!

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