

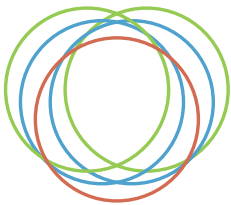


“

*We help stressed-out people  
feel balanced and energized  
with affordable yoga and  
gentle encouragement.*

”

**2018 WINTER SCHEDULE** ///////////////



**BALANCE**  
YOGA & WELLNESS

[www.balanceyogawellness.com](http://www.balanceyogawellness.com) | (504) 309-9618  
120 Cortez Street, New Orleans, Louisiana 70119

## SUNDAY

8:30am-10:00am *Led Ashtanga 3 - L2/3*

10:00am-11:15am *Community Vinyasa - All Levels*

4:00pm-5:15pm *Guided Meditation*

5:30pm-7:00pm *Balance Basics - L1*

## MONDAY

12:00pm-1:15pm *Align & Flow - All Levels*

5:00pm-5:45pm *HIIT - All Levels*

5:30pm-6:45pm *Led Ashtanga 1 - L1/L2*

6:00pm-7:15pm *Vinyasa - L1/L2*

7:30pm-8:45pm *Balance Basics - L1*

## TUESDAY

6:30am-9:00am *Mysore Style Ashtanga - All Levels*

12:00pm-1:15pm *Community - Align & Flow - L1/L2*

4:30-5:45pm *Community - Vinyasa - All levels*

6:00pm-7:15pm *Led Ashtanga 2 - L2*

6:00pm-7:15pm *Align & Flow - All Levels*

7:30pm -8:45pm *Community - Vinyasa - All Levels*

7:30pm -9:00pm *Yin Yoga - All Levels*

## WEDNESDAY

6:30am-9:00am *Mysore Style Ashtanga - All Levels*

9:00am-10:15am *Balance Basics - L1*

9:00am-10:30am *Mysore Style Ashtanga - All Levels*

12:00pm-1:15pm *Align & Flow - All Levels*

4:30pm-5:45pm *Led Ashtanga 2 - L2*

6:00pm-7:15pm *Alignment Fundamentals - L2*

6:00pm-7:15pm *Prenatal Yoga & Wellness - All Levels*

7:30pm-8:45pm *Community - Kundalini - All Levels*

## THURSDAY

6:30am-9:00am *Mysore Style Ashtanga - All Levels*

12:00pm-1:15pm *Align & Flow - L2*

4:30pm-5:45pm *Community - Vinyasa - All Levels*

6:00pm-7:15pm *Intro to Yoga - L1*

6:00pm-7:15pm *Led Ashtanga 3 - L2/L3*

## FRIDAY

7:00am-8:30am *Align & Flow - L3*

8:15am-9:00am *HIIT - All Levels*

9:00am-10:30am *Led Ashtanga 3 - L2/L3*

4:30pm-5:30pm *Happy Hour Yoga - All Levels*

5:45pm-7:00pm *Refresh & Restore - All Levels*

## SATURDAY

8:45am-10:15am *Ashtanga Mysore - All Levels*

10:00am-11:30am *Align and Refine - L2/3*

10:30am-11:45am *Balance Basics - L1*

12:00pm-1:15pm *Community - Align & Flow - L1/L2*

4:00pm-5:15pm *Community Vinyasa - All Levels*

## NEW TO BALANCE?

Choose your introductory path

*Both good for one month*

[Introduction to Yoga Program \\$49](#)

*Introduction to Yoga Workshop + 5 classes*

[Balance Introduction Card \\$48](#)

*8 classes in one month*

## OTHER PRICING OPTIONS

*Balance Drop In - One class \$15*

*Balance Membership - Unlimited classes*

*\$89 per month (3-month minimum)*

*Balance Class Cards - 10 classes \$130*

*(valid 6 months), 20 classes \$240 (valid one year)*

*Community classes are donation based:*

*\$5-\$20 or use your class card.*

## MYSORE-STYLE ASHTANGA

*Class is self-paced, so you determine*

*the length of your class, usually*

*60 to 90 minutes.*

## HIIT

*For High-intensity interval training wear*

*tennis shoes, bring your yoga mat, and*

*come prepared to sweat!*