



BALANCE YOGA & WELLNESS

CLASS SCHEDULE

	TIME	CLASS	LEVEL	TEACHER		TIME	CLASS	LEVEL	TEACHER
SUNDAY	8:00 - 10:00 AM	Mysore Ashtanga	ALL	Jessica	WEDNESDAY	6:30 - 9:00 AM	Mysore Ashtanga	ALL	Meredith
	*10:00 - 11:30 AM	Community Class	ALL	Tim		*9:00 - 10:30 AM	Align and Refine	L2/3	Laura
	6:00 - 7:30 PM	Unwind	ALL	Amy		*9:30 - 10:45 AM	Vinyasa Flow	L2	Emily
	6:00 - 7:30 PM	Vinyasa flow	L2	Brooke		6:00 - 7:00 PM	Pranayama & Meditation	ALL	Jessica
MONDAY	6:30 - 9:00 AM	Mysore Ashtanga	ALL	Meredith	6:00 - 7:15 PM	Intro to Ashtanga	L1	Sharon	
	*9:00 - 10:15 AM	Hatha Yoga	ALL	Amy	7:30 - 8:45 PM	Vinyasa Flow	L2	Emily	
	6:00 - 7:20 PM	Intro to Yoga Series	L1	Jessica	6:30 - 9:00 AM	Mysore Ashtanga	ALL	Jessica	
	6:00 - 7:20 PM	Syncing Yoga with Ayurveda	ALL	Sharon	*8:00 - 10:15 AM	Hatha Yoga	ALL	Amy	
	7:30 - 8:45 PM	Vinyasa Flow	L2/3	Sharon	*9:30 - 10:45 AM	Vinyasa Flow	ALL	Erin	
7:30 - 8:45 PM	Align and Refine	L2	Joe	*4:45 - 5:45 PM	Community Class	ALL	Ellen		
TUESDAY	6:30 - 9:00 AM	Mysore Ashtanga	ALL	Jessica	6:00 - 7:15 PM	Beginner's Ashtanga	L1/2	Meredith	
	*9:30 - 10:45 AM	Vinyasa Flow	ALL	Erin	6:00 - 7:15 PM	Vinyasa-Alignment Focus	L1/2	Amy	
	*12:00 - 1:15 PM	Beginners Yoga	L1	Aaron	7:30 - 8:30 PM	Unwind	ALL	Amy	
	6:00 - 7:15 PM	Guided Ashtanga	L2	Meredith	7:30 - 9:00 AM	Guided Ashtanga	L2/3	Meredith	
	6:00 - 7:20 PM	Vinyasa-Jivamukti Open	L2	Mary	6:00 - 7:15 PM	Candlelight Yoga	* <i>Monthly Class</i>		
	*7:30 - 8:45 PM	Community Class	ALL	Seneca	5:45 - 7:00 PM	Restorative	ALL	Tamar	
7:30 - 8:30 PM	Restorative Yoga	ALL	Amy	9:00 - 10:30 AM	Kundalini Yoga	ALL	Amanda		
				9:00 - 10:30 AM	Align and Refine	L2/3	Laura		
				10:45 - 12:15 PM	Align and Refine	L1	Laura		
				10:45 - 12:15 PM	Vinyasa Flow	L2	Emily		

- + New Intro to Yoga and Pranayama starting the week of January 7th
 - + Syncing Yoga with Ayurveda - 6 Week series, drop-ins welcome
 - + Community Classes are donation based (\$10 suggested).
 - + *Donation based classes daytimes Mon.-Thurs. (\$10 suggested)
- Class Cards can be used for these classes.

Twitter: @balanceyogawell
 Facebook: Balance Yoga Wellness + Ayurveda

Website: www.balanceyogawellness.com
 Phone: 504.309.9618

YOGA CLASS PRICES

Drop In Class	\$15
Student Drop In	\$10
CLASS CARDS	
New client 5-Class Card	\$35 (valid 1 month)
Student 5-Class Card	\$40 (valid 2 months)
5 Class Card (\$13/class)	\$65 (valid 2 months)
10 Class Card (\$12/class)	\$120 (valid 4 months)
20 Class Card (\$11/class)	\$220 (valid 6 months)
PRACTICE PLANS	
3 Classes/Week (\$8/class)	\$150 (valid 1 month)
5 Classes/Week (\$7.50/class)	\$150 (valid 1 month)
Unlimited (\$6/class)	\$180 (valid 1 month)

Credit cards, checks and cash accepted for payment.

Whether new to yoga or experienced, **Balance Yoga & Wellness** has great offerings to **get you balanced**:

- + Two charming studios with 35+ classes per week
 - + Community lounge, retail and showers available
 - + 10 Donation-Based Classes per week
 - + Massage, stress management and Phoenix Rising Yoga Therapy
 - + Ayurvedic Health Counseling and Integrated Nutritional Counseling
 - + Pranayama (yogic breathing) classes
 - + Highly trained instructors in Ashtanga, Restorative, Align and Refine, Kundalini, and Vinyasa
 - + Private and semi-private yoga sessions
 - + Workshops by leading teachers from around the world
-

Website: www.balanceyogawellness.com
Phone: 504.309.9618
Address: 120 S. Cortez St., New Orleans, LA 70119
Email: info@balanceyogawellness.com



BALANCE YOGA & WELLNESS

**Your hOMe for yoga
in mid-city!**