

Class Schedule

Dedicated to the art and science of Yoga so that each person may reveal their own river of peace and strength within.

TIME	CLASS	INSTRUCTOR	COST
MONDAY			
6:30–8:00 PM	Begin/Continuing	Laura L.	\$18 or \$56 for 4
TUESDAY			
9:15–10:30 AM	Begin/Continuing	Donna P.	\$15 or \$52 for 4
7:00–8:15 PM	Begin/Continuing	Connie Z.	\$15 or \$52 for 4
WEDNESDAY			
5:15–6:30 PM	4 Week Topic Classes	Kathleen W.	see website for info
6:30–8:00 PM	Begin/Continuing	Laura L.	\$18 or \$56 for 4
THURSDAY			
9:15–10:45 AM	Continuing	Kathleen W.	\$19 or \$60 for 4
5:00–6:30 PM	Begin/Continuing	Kathleen W.	\$19 or \$60 for 4
6:30–7:45 PM	Intro to Asana	Donna F.	6 week series \$72
FRIDAY			
9:15–10:30 AM	Begin/Continuing	Connie Z.	\$15 or \$52 for 4
SATURDAY			
8:30–10:00 AM	Continuing	Kathleen W.	\$19 or \$60 for 4
10:00–11:15 AM	Intro to Asana	Kathleen W.	6 week series \$72

Discounted 10-class cards are available

Contact Instructor to Register:

Kathleen Wright (708) 989-1329

Patricia Layton (414) 426-6712

Laura Lundy (708) 308-1401

Donna Prenta (708) 650-2084

Connie Zdenek (847) 345-4409

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See website for updates:

www.GardenofYoga.net

Garden of Yoga

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