



Yoga & Friends, Incorporated  
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## 2011-2012 Schedule

Yoga class price Options: \$12.00 drop in  
 \$50.00 punchcard (5 class)  
 \$95.00 punchcard(10 class)

*Punchcards expire 90 days from date of purchase*  
 2-3 classes per wk \$55.00 monthly  
 \$160.00 tri-monthly  
 \$65.00 Unlimited monthly \* \$175.00 tri-monthly

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Hatha Yoga 8-9:30am.</b>            ◦ Mixed Levels            * Mandala flows, inversions and advanced possibilities            ◦ instructor Tom</p> <p><b>Kundalini Yoga class 1<sup>st</sup> Sunday of month</b>  <i>* A Physical, mental and spiritual form of Yoga that will bring about the unlimited creative potential in every human being</i></p>	<p><b>Hatha Yoga 5:15-6:15pm.</b>            ◦ Beginners            ◦ instructor: Mike</p> <p><b>Monday Funday 6:30-7:30pm.</b>            Class rotates            Instructor Christina  <b>Chair Yoga</b>  <b>Mixed Yoga</b></p>	<p><b>Hatha Yoga 9:00-10:00am.</b>            ◦ <i>beginners-Intermediate Postures done on floor and while standing. Learning proper alignment of the body</i>            ◦ instructor Christina</p> <p><b>Yoga with Kick 10:15-11:15am.</b>  <i>Yoga*Cardio*Abs Savasana</i>            instructor Christina</p> <p><b>Hatha Yoga 5:15-6:30pm.</b>            ◦ beginners            ◦ instructor Chaz</p>	<p><b>Chair Yoga 9:00-10:00am.</b>  <i>*Good for all levels, poses done sitting and standing</i>            ◦ instructor Christina</p> <p><b>Hatha Yoga 10:15-11:15am.</b>            ◦ Mixed Levels            * Vinyasa flows, inversions and advanced possibilities            ◦ instructor Christina</p> <p><b>Drum Hut 12-5pm Retail &amp; Playspace</b>            ◦ Call Heather 262-914-9352 for more info</p> <p><b>Gentle Kundalini Yoga 5:15-6:15pm</b>            ◦ instructor: Janice (Gian Atam Kaur)</p> <p><b>Kundalini Yoga 6:30-7:30pm</b>            ◦ instructor: Janice (Gian Atam Kaur)</p>	<p><b>Hatha Yoga 9:00-10:00am.</b>            ◦ Beginners-Intermediate            ◦ instructor Christina</p> <p><b>Yoga with Kick 10:15-11:15am.</b>  <i>Yoga*Cardio*Abs Savasana</i>            instructor Christina</p> <p><b>Hatha Yoga 5:15 -6:30pm.</b>            ◦ Mixed Levels            ◦ Instructor-Christina</p> <p>◦ Ending Meditation with Joyce</p>	<p><b>Chair Yoga 9:00-10:00am.</b>  <i>*Good for all levels, poses done sitting and standing</i>            ◦ instructor Christina</p> <p><b>Drum Hut 12-4pm Retail &amp; Playspace</b>            ◦ Call Heather 262-914-9352 for more info  <a href="http://www.rythymtheround.com">www.rythymtheround.com</a>  <b>Visit the Drum Hut from 7-9pm</b>  <b>Community drum circles 4<sup>th</sup> Friday</b>            *****</p>	<p><b>Hatha Yoga 8-9:30am.</b>            ◦ mixed levels            ◦ asana flows            ◦ instructor Tom</p> <p><b>Family Yoga 10-11am.</b>            Hatha &amp; Kundalini Yoga</p> <p><b>Drum Hut 12-6pm</b>            ◦ Call Heather 262-914-9352 for more info</p> <p><b>Also 2<sup>nd</sup> Saturday Workshops for the whole family 10-12pm also:</b></p> <p><b>Community drum circle 6-9pm</b></p>

Schedule and prices subject to change