



Yoga & Friends, Incorporated
 5126 6th Avenue
 Kenosha, WI 53140
 1-262-658-2108
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 e-mail: myyogafriends@att.net

Summer 2010 Schedule

Yoga class price Options: \$12.00 drop in
 \$55.00 punchcard (5 class)
 \$100.00 punchcard(10 class)
Punchcards expire 70 days from date of purchase
 2 classes per wk. \$55.00 monthly
 \$65.00 Unlimited monthly

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Hatha Yoga 10:00-11:30am. ◦ Mixed Levels * Some Inversions ◦ Asana flows ◦ instructor Christina No Yoga class 1st Sunday of month</p> <p>Special Workshops 1st Sunday of month myyogafriends.com</p> <p>Herbal Hour 3rd Sunday of month 1:00 P.M.-3:00 P.M. ◦ Learn all about Herbs For yourself For your family For your pets ◦ instructor Joyce ◦ Free</p>	<p>Reiki Monday 3:30-5:00pm. 1st class Free. Every session after by donation Call for scheduling.</p> <p>Hatha Yoga 5:15-6:15pm. ◦ Beginners-Intermediate ◦ instructor: Mike Yoga with Kick 6:30-7:30pm. All levels welcome Yoga*<i>Cardio</i>*Abs Savasana instructor Christina</p>	<p>Hatha Yoga 9:00-10:00am. ◦ beginners-Intermediate ◦ instructor Christina Yoga with Kick 10:15-11:15am. All levels welcome Yoga*<i>Cardio</i>*Abs Savasana instructor Christina</p> <p>Hatha Yoga 5:15-6:30pm. ◦ beginners-Intermediate ◦ instructor Chaz</p>	<p>Hatha Yoga 9:00-10:00am. ◦ gentle for beginners ◦ all poses adapted for chairs ◦ instructor Christina Hatha Yoga 10:15-11:15am. ◦ Mixed Levels * Some Inversions ◦ instructor Christina</p> <p>Hatha Yoga 5:15-6:30pm. ◦ beginners-Intermediate ◦ instructor: Tom</p>	<p>Hatha Yoga 9:00-10:00am. ◦ Beginners-<i>Intermediate</i> ◦ instructor Christina Yoga with Kick 10:15-11:15am. All levels welcome Yoga*<i>Cardio</i>*Abs Savasana instructor Christina</p> <p>Hatha Yoga 5:15 -6:15pm. ◦ Mixed Levels ◦ Instructor-Christina ◦ Ending Meditation with Joyce</p>	<p>Hatha Yoga 9:00-10:00am. ◦ gentle for beginners ◦ all poses adapted for chairs ◦ instructor Christina Hatha Yoga 10:15-11:15am. ◦ Mixed Levels * Some Inversions ◦ instructor Christina</p> <p>***** Private Yoga or Reiki sessions available Tuesday-Friday and also on Sunday \$40.00hr. *****</p>	<p>Meditation 9:00-10:00am. Free Joyce</p> <p>Hatha Yoga 10:05-11:30am. ◦ mixed levels ◦ asana flows ◦ in good weather in the summer, classes may be on the beach ◦ instructor Pam</p> <p><i>Bring your friends to Yoga special!</i></p> <p>.....</p> <p>Save \$10 each when a current member and a new member sign up together! (this offer is good for monthly only)</p>