



Yoga & Friends
 5721 - 6th Avenue
 Kenosha, WI 53140
 1-262-748-3229

website: www.myyogafriends.com
 e-mail: myyogafriends@yahoo.com

2014 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>Level 1-2 Hatha Yoga 8-9:30am.</p> <ul style="list-style-type: none"> ◦ Mixed Levels * Mandala flows ◦ instructor Tom <p>Kundalini Yoga class 1st Sunday of month <i>* A Physical, mental and spiritual form of Yoga that will bring about the unlimited creative potential in every human being</i></p> <p>Iron Phoenix Karate 12-4</p>	<p>Group Reiki with Joyce and Jane 3:30-5:00pm <i>*contact Joyce for info @ 262-948-0175</i> <i>*Cost \$20.</i></p> <p>Chair Yoga 5:30-6:30pm. <i>*Good for all levels, poses done sitting and standing</i> ◦ instructor Christina</p> <p>Sridaiva Yoga 6:45-7:45pm. ◦ Sridaiva Flows Vinyasa flows, inversions and advanced possibilities ◦ instructor Christina</p>	<p>Sridaiva Yoga 9:00-10:00am. <i>◦ beginners-Intermediate Postures done on floor and while standing. Learning proper alignment of the body</i> ◦ instructor Christina</p> <p>Sridaiva Yoga 5:30-6:30pm. ◦ beginners <i>Postures done on floor and while standing. Learning proper alignment of the body</i> * instructor Christina</p>	<p>Chair Yoga 9:00-10:00am. <i>*Good for all levels, poses done sitting and standing</i> ◦ instructor Christina</p> <p>Sridaiva Yoga 10:15-11:15am. ◦ Sridaiva Sets * Vinyasa flows, inversions and advanced possibilities ◦ instructor Christina</p> <p>Extra Gentle Kundalini Yoga 4-5pm ◦ instructor: Janice (Gian Atam Kaur)</p> <p>Kundalini Yoga 5:30-6:30pm ◦ instructor: Janice (Gian Atam Kaur)</p> <p>Kundalini Yoga 6:40-7:40pm ◦ instructor: Janice (Gian Atam Kaur)</p>	<p>Sridaiva Yoga 9:00-10:00am. ◦ Beginners-Intermediate <i>Postures done on floor and while standing. Learning proper alignment of the body</i> *instructor Christina</p> <p>Hatha Yoga 5:30 -6:45pm. ◦ Beginners! <i>Postures done on floor and while standing. Learning proper alignment of the body</i> ◦ Instructor-Mike</p> <p>◦ Ending Meditation with Joyce</p>	<p>Chair Yoga 9:00-10:00am. <i>*Good for all levels, poses done sitting and standing</i> ◦ instructor Christina</p> <p>Iron Phoenix Kids Karate 4:30-5:30pm.</p>	<p>Level 1-2 Hatha Yoga 8-9:30am.</p> <ul style="list-style-type: none"> ◦ mixed levels ◦ Mandala flows ◦ instructor Tom <p>Zumba ◦ Aerobic dance class using latin and international music to create a fun, dynamic and effective workout *Instructor Theresa</p>

Schedule and prices subject to change



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