

Yoga Room Schedule 2009 (begins July 1, 2009)

Monday	9:30 – 10:45 Vinyasa Flow Yoga <i>Virginia Iverson</i>			5:30 – 7:00 Iyengar Yoga – Level 1-2 <i>Erica Steinweg</i>	7:15 – 8:45 Hatha Yoga – Level 1 <i>Shannon Titas</i>
Tuesday	9:30 – 10:45 Ashtanga Yoga <i>Maureen Chila</i>	12:15 – 1:30 Vinyasa Flow Yoga <i>Jill Davies</i>	4:30 – 5:45 Core Power Yoga <i>Libby Murfey</i>	6:00 – 7:15 Vinyasa Flow Yoga <i>Jill Davies</i>	7:30 – 9:00 Capoeira <i>Will Pruitt</i>
Wednesday	9:00 – 11:00 Core Body Wisdom * <i>Ginny Nadler</i>			5:30- 7:00 Hatha Yoga – Level 1 <i>Charlotte Sanpere</i>	7:30 – 8:45 Vinyasa Flow Yoga <i>Nicole & Danielle</i>
Thursday	9:30 – 10:45 Core Power Yoga <i>Libby Murfey</i>		4:30 – 5:45 Yoga Basics <i>Jill Davies</i>	6:00 – 7:00 Anahat Yoga <i>Jody Schrock</i>	7:30 – 9:00 Capoeira <i>Will Pruitt</i>
Friday	9:30 – 10:45 Ashtanga Yoga <i>Maureen Chila</i>			5:30 – 7:15 Vinyasa Flow/ Meditation <i>Mike Jones</i>	7:30 – 9:00 Chi Gung <i>Wayne Chandler</i>
Saturday	8:30 – 9:45 Vinyasa Flow Yoga <i>Kerstin Saemmer</i>	10:00- 11:30 am Vinyasa Flow Yoga <i>Jen Yuhas</i>	11:30 – 1:00 Ashtanga Yoga <i>Maureen Chila</i>	3:00 – 5:00 Vinyasa Flow/Meditation <i>Mike Jones</i>	
Sunday		11:00 – 12:15 Ashtanga Yoga <i>Maureen Chila</i>	12:30 – 1:45 Vinyasa Flow Yoga <i>Jen Lenhart</i>	3:00 – 4:15 Vinyasa Flow Yoga <i>Kerstin Saemmer</i>	

Please visit our website www.yogaroom-cleveland.com for Schedule Changes and Special Workshops

YOGA CLASSES

Single Class Fee \$10

5 Class Card \$50

10 Class Card \$100

15 Class Card \$150

20 Class Card \$200

(all class cards expire one year from date of purchase)

* Core Body Wisdom on Wednesdays is \$25 per class

Private sessions with some instructors are available, and studio can also be rented.

Call 888.338.6344 to inquire.

