



**PURNA**  
**YOGA EAST**  
A YOGA & MASSAGE THERAPY STUDIO

# Fall YOGA

New student special: 30 days of yoga \$55! (September - December, 2017)

Day	PURNA Yoga Classes	Instructor
<b>Monday</b>		
9:15 - 10:45 AM	Level 3 Advanced	Catharine
10:00 - 11:15 AM	* <i>Level 1 Beginners Basics</i>	Emily
6:00 - 7:00 PM	<b>*JUST FOR BEGINNERS SERIES</b>	Emily
6:00 - 7:00 PM	* <i>Level 1 Beginners Basics</i>	Catharine
7:15 - 8:45 PM	Level 2 Yoga Foundations	Catharine
<b>Tuesday</b>		
7:00 - 7:45 AM	Slow Flow, Stretch and Go <i>All Levels</i>	Cathy
9:15 - 10:45 AM	Level 1-2 Beginners Plus	Cindy
10:00 - 11:00 AM	<b>*JUST FOR BEGINNERS SERIES</b>	Emily
6:30 - 8:00 PM	Level 1-2 Beginners Plus	Emily
6:45 - 7:45 PM	<b>*JUST FOR BEGINNERS SERIES</b>	Teressa
<b>Wednesday</b>		
10:00 - 11:15 AM	* <i>Level 1 Beginner Basics</i>	Gayle
6:15 - 7:30 PM	<b>EMPOWER Hour Plus!</b> <i>All Levels</i>	Rebecca
6:45 - 7:45 PM	Level 1-2 Beginners Plus	April
<b>Thursday</b>		
7:00 - 7:45 AM	Slow Flow, Stretch and Go <i>All Levels</i>	Cathy
9:15 - 10:45 AM	Level 1-2 Beginners Plus	Cindy
10:00 - 11:15 AM	* <i>Gentle Yoga</i>	Emily
6:00 - 7:00 PM	Level 1-2 Beginners Plus	Maria
6:30 - 7:30 PM	<b>*JUST FOR BEGINNERS SERIES</b>	April
<b>Friday</b>		
10:00 - 11:30 AM	Level 1-2 Beginners Plus	Emily
6:00 - 7:15 PM	* <i>TGYF All Levels</i>	Gayle
<b>Saturday</b>		
9:00 - 10:30 AM	Level 2 Yoga Foundations	Bob
9:30 - 10:30 AM	* <b>SaturYAY!</b> <i>All Levels yoga</i>	Maria
<b>Sunday</b>		
10:00 - 11:15 AM	* <i>All Levels Yoga and Meditation</i>	Cheryl
7:00 - 8:15 PM	* <i>Soothing Sundays All Levels</i>	Gayle

**\*JUST FOR BEGINNERS SERIES**

\$55 for 30 days of Just For Beginners Classes

**BEST DEAL for ongoing classes:**

Unlimited Monthly Auto-Renew Pass only \$69

Drop in rate: \$15

10-class pass: \$130, 5-class pass: \$70

**PurnaYogaEast.com**

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