



PURNA
YOGA EAST
A YOGA & MASSAGE THERAPY STUDIO

Summer YOGA

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

Day	Ongoing Yoga Classes	Instructor
Monday		
9:15 - 10:45 AM	Level 3 Advanced	Catharine
10:00 - 11:15 AM	*Level 1 Beginners Basics	Emily
6:00 - 7:00 PM	*Level 1 Beginners Basics	Catharine
7:15 - 8:45 PM	Level 2 Yoga Foundations	Catharine
Tuesday		
7:00 - 7:45 AM	Slow Flow, Stretch and Go <i>All Levels</i>	Cathy
9:15 - 10:30 AM	Level 1-2 Beginners Plus	Leslie
6:30 - 8:00 PM	Level 1-2 Beginners Plus	Emily
6:00 - 7:30 PM (NEW)	Heartfull™ Meditation & Restoratives	Leslie
Wednesday		
10:00 - 11:15 AM	*Level 1 Beginner Basics	Gayle
6:00 - 7:15 PM (NEW)	EMPOWER Hour Plus! All Levels	Rebecca
6:00 - 7:00 PM	Level 1-2 Beginners Plus	Andy
Thursday		
7:00 - 7:45 AM	Slow Flow, Stretch and Go <i>All Levels</i>	Cathy
9:30 - 11:00 AM	Level 1-2 Beginners Plus	Cindy
10:00 - 11:15 AM	*Gentle Yoga	Leslie
6:00 - 7:00 PM	Level 1-2 Beginners Plus	Maria
Friday		
9:15 - 10:45 AM	Level 2 Yoga Foundations	Leslie
6:00 - 7:15 PM	*TGYF All Levels	Gayle
Saturday		
9:00 - 10:30 AM	Saturday Morning Purna Yoga <i>All Levels</i>	Bob
9:30 - 10:30 AM	Level 1-2 Beginners Plus	Maria
Sunday		
10:00 - 11:15 AM	* All Levels Yoga and Meditation	Cheryl
7:00 - 8:15 PM	*Soothing Sundays All Levels	Gayle

***4-week Just for Beginners Intro to YOGA Series \$55**

Perfect for students who have never done YOGA before and want to give it a try.
Classes start the beginning of each month - check web site for dates and times!
*(*best places to start if you are a beginner)*

BEST DEAL for ongoing classes:

Unlimited Monthly Auto-Renew Pass only \$69
Drop in rate: \$15, 10-class pass: \$130, 5-class pass: \$70

www.PurnaYogaEast.com

919-270-4892

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