



**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
<b>Monday</b>		
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
<b>Tuesday</b>		
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
6:30 - 8:00 PM (NEW)	<b>Heartfull™ Meditation &amp; Restoratives</b>	Leslie
<b>Wednesday</b>		
10:00 - 11:15 AM	*Level 1 Beginner Basics	Gayle
6:00 - 7:15 PM (NEW)	<b>EMPOWER Hour Plus! All Levels</b>	Rebecca
7:00 - 8:00 PM	Level 1-2 Beginners Plus	Andy
<b>Thursday</b>		
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
<b>Friday</b>		
9:15 - 10:45 AM	Level 2 Yoga Foundations	Leslie
6:00 - 7:15 PM	*TGYF <i>All Levels</i>	Gayle
<b>Saturday</b>		
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
<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

### **\*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**

**107 East First St., Clayton, NC 27520**