



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

# Winter YOGA

New student special: 30 days of yoga \$55! (Jan - April, 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! All Levels	Cathy
9:15 - 10:30 AM	Level 1-2 Beginners Plus	Leslie
6:30 - 8:00 PM	Level 1-2 Beginners Plus	Emily
<b>Wednesday</b>		
10:00 - 11:15 AM	*Level 1 Beginner Basics	Gayle
5:30 - 6:30 PM	<b>Purna Power Flow</b>	Catharine
6:00 - 7:00 PM	Level 1-2 Beginners Plus	Andy
<b>Thursday</b>		
7:00 - 7:45 AM	*Slow Flow, Stretch and GO! All Levels	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 All Levels	Gayle
<b>Saturday</b>		
9:00 - 10:30 AM	*All Levels Saturday Morning Yoga	Bob
9:30 - 10:30 AM	Level 1-2 Beginners Plus	Maria
<b>Sunday</b>		
10:00 - 11:15 AM	*Sunday 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!***

No experience necessary, all props provided.

Mondays 6:00-7:00 pm Tuesdays 10:00-11:00 am and Thursdays 6:30-7:30 pm

### ***BEST DEAL for ongoing classes:***

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

*\* best places to start if you are a beginner!*

[www.PurnaYogaEast.com](http://www.PurnaYogaEast.com)

**919-270-4892**

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