



PURNA YOGA STUDIO SCHEDULE

May-August 2018

NEW STUDENT SPECIAL AND *JUST FOR BEGINNERS SERIES*

Unlimited YOGA

\$55 for 30 days

MON	TUE	WED	THU	FRI	SAT	SUN
	7:00-7:45 am Slow Flow Stretch and Go Cathy		7:00-7:45 am Slow Flow Stretch and Go Cathy		9:00-10:30 am Level 2 Bob	
9:15-10:45 am Level 3 Catharine	9:15-10:45 am Level 1-2 Leslie		9:15-10:45 am Level 1-2 Cindy		9:30-10:30 am Satur"YAY" Yoga All Levels* Maria	
10:00-11:15 am Level 1* Emily		10:00-11:15 am Level 1* Gayle	10:00-11:15 am Gentle Yoga All Levels* Leslie	10:00-11:30 am Level 1-2 Emily		10:00-11:15 am Yoga and Meditation All Levels Cheryl
		12:30-1:15 pm Lunch Stretch All Levels Lara		12:30-1:15 pm Lunch Stretch All Levels Lara		
6:00-7:00 pm Level 1* Catharine	6:30-8:00 pm Level 1-2 Emily	6:15-7:30 pm Empower Hour All Levels Rebecca	6:15-7:15 pm Level 1-2 Maria	6:00-7:15 pm TGYF All Levels Gayle		
7:15-8:45 pm Level 2 Catharine	6:15-7:15 pm Just for Beginners Teresa	6:45-7:45 pm Level 1-2 April	7:30-8:30 pm Yoga Book Club Free discussion Emily			7:00-8:15 pm Soothing Sundays All Levels Gayle

NEW

*Heartfull™ Meditation
Class*

Wed 5:15-6:00 pm

BEST DEAL for scheduled yoga classes
unlimited monthly auto-renew pass only \$69
drop-in \$15
5-class pass \$70
10-class pass \$130

Heartfull™ Meditation pass
drop-in \$15
5-pass \$60
10-pass \$110

Massage Therapy services
30 minutes \$40
60 minutes \$70
90 minutes \$90

WWW.PURNAयोगEAST.COM

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*GOOD PLACE FOR BEGINNERS