

YOGA WITH DEBORAH      Sept-Dec 2017 Teaching Schedule  
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Studio Website    heartofthevillageyoga.com

*Wednesday Morning*

*Continuing*

9-10:30a	September 20 – November 1	7 weeks \$122.50
	November 8 - December 20	7 weeks \$122.50

*Wednesday Evening*

*All Levels*

5:30- 7p	September 20 – November 1	7 weeks \$122.50
	November 8 – December 20	7 weeks \$122.50

*Thursday Morning*

*Essentials*

10-11:30a	September 21 – November 2	7 weeks \$122.50
	November 9 – December 21	7 weeks \$122.50

*Classes above are 90 minutes.*

*Fees: for registered classes 17.50 per class X # of classes.*

*2X per week 10% off. Make-ups for missed classes can always be arranged.*

*Please check with Deborah. Single drop-in \$22.*

*Friday Morning*

*Deeper Class*

9- 10:45a	September 22- November 3	7 weeks \$122.50
	November 10- December 22	7 weeks \$122.50

*Deeper class is 1 hour and 45 mins. For students who have been attending classes for a year. Pre-registering is required.*

☀ *MONTHLY Saturday Afternoon Restorative Make-up class.*

*3- 4:30p    October 28<sup>th</sup>, November 25<sup>th</sup> December 16<sup>th</sup>*

Svaroopaa® Yoga: Immediate Improvement The Problems you bring in begin to disappear before your class ends. Your aches and pains are reduced, the pressures you face are less overwhelming, and you get some bounce back in your step! It all begins with deep relaxation and yogic breathing.

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