



26597 N. Dixie Hwy • Perrysburg, OH 43551

419-868-9199

www.itsaboutmovement.net

Level 1: Beginner & Gentle Yoga

For those new to yoga and those who prefer a gentler practice. Class will cover the benefits of yoga including releasing stress through deep breathing and body/mind awareness; gradually increasing strength and flexibility; and proper body alignment. All levels of fitness welcome.

6 Week Course (1x/Week) \$75.00

Level 2: Moderate Hatha Yoga

For those who have completed at least one Level 1 Beginner series. A continuation of the beginning class, while adding more poses and focus on alignment of each posture. Yoga philosophy, meditation, and mantra introduced.

Monthly Course (1x/Week) \$52.00

Level 3: Vigorous Vinyasa Yoga

This vigorous-paced class builds on the yoga postures and breathing techniques taught in Level 2 Moderate Hatha Yoga. Class blends the yoga teachings into a more challenging, flowing (*vinyasa*) practice. The body becomes stronger and more supple. Must have completed at least one prior yoga class series.

Monthly Course (2x/Week) \$88.00

Four-Month Pass

4-Month Pass (14 Classes) \$149.00

Summer Special—Unlimited Yoga \$88/month

Come as often as you like, ends Labor Day (09/06/2010)(per month) \$88.00



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4-Month Pass (14 Classes) \$149.00

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	Mo	Tu	Wd	Th	Fr	Sa	Su
9:30 AM			●	■		▲	
5:30 PM	■		▲ ^T				
6:30 PM		▲		●			
7:30 PM	●						

- Level 1: Beginning/Gentle Yoga
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- Level 3: Vigorous Vinyasa Yoga

All classes taught by **Denise Eillis, RYT**, unless otherwise indicated:

T = Tory

All classes are 90 minutes—begin anytime! To register, please call **419-868-9199** or email denise@itsaboutmovement.net. No refunds after classes start • Missed classes must be made up within the series for which you are registered

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