



WINTER YOGA 2010



NEW LOCATION! It's About Movement Yoga Studio, 26597 N. Dixie Hwy. (Rt. 25), Perrysburg, OH

At The Shoppes at Riverplace (next to the Chocolate Shoppe) **419-868-9199**

6 week course/\$75; monthly-1x/week-\$52; UNLIMITED \$88/mo.; 4 month pass-14 classes-\$149

ALL CLASSES ARE 90 MINUTES

BEGIN ANY TIME

Schedule subject to change No refunds after classes start.

Beginner and Gentle Yoga Class will cover: releasing stress through deep breathing; body/mind awareness; gradually increasing strength and flexibility; and proper body alignment. All levels of fitness welcome.

Missed classes must be made up in the series in which you paid.

All classes taught by Denise Ellis, RYT (Registered Yoga Teacher), unless indicated

Monday	7:30 p.m. – 9:00 p.m.	Denise	On-going Classes--start anytime!
Wednesday	9:30 a.m. – 11:00 a.m.	Denise	No classes Dec. 24-Jan. 3
Thursday	6:30 p.m. – 8:00 p.m.	Denise	NEW!! Monthly Unlimited Yoga \$88 (regular price \$99)
Friday	5:30 – 7:00 p.m.	Patience	limited time only-start in January

Must call to register for all classes

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

Tuesday	6:30 p.m. – 8:00 p.m.	Denise
Saturday	9:30 a.m.-11:00 a.m.	1 TBA

Continuing Vinyasa This vigorously- paced class builds on the basic Yoga postures and breathing techniques taught in the Gentle and Moderate Yoga class. Students must have completed at least one year of Yoga or permission of instructor. This class blends the philosophical teachings of Yoga into a more challenging practice. The body becomes stronger and more supple as the practitioner develops the sensitivity to advance in the inner and outer practices of Yoga. Mantra , chanting and more in-depth yoga philosophy covered.

Fee: \$75 for 6-week series; 14 week pass- \$149, good for 4 months. May begin at any time.

Missed classes must be made up in the series in which you paid.

Monday	5:30 -7:00 p.m.	Denise
Thursday	9:30 – 11:00 a.m.	Denise

- Private Yoga sessions and Yoga Therapy sessions
- Meditation Classes-individuals and groups
- Ayurvedic Education, Consultations and Ayur-Yoga
- Emotional Stress Release sessions, using Three In One Concepts One Brain™ method
- Aromatherapy education and a complete line of Organic essential oils and blends
- Reiki Healing

419-868-9199 Credit Cards Accepted on Pay Pal
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