



SUMMER YOGA 2009



All classes held at It's About Movement Yoga Studio, 114 W. So. Boundary St., Perrysburg, OH

Enter/park behind Jazzercise

419-868-9199

6 week course/\$75; monthly-1x/week-\$52; 2x/week-\$88/mo.; 4 month pass-14 classes-\$149

ALL CLASSES ARE 90 MINUTES

BEGIN ANY TIME

No classes July 6 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.

Denise Ellis, RYT (Registered Yoga Teacher)

Monday 7:30 p.m. – 9:00 p.m.

Wednesday 9:30 a.m. – 11:00 a.m.

Thursday 6:30 p.m. – 8:00 p.m.

Must call to register for all classes

Level I Yoga-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.

Level 2 Yoga- 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: \$72 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.

Tuesday 9:30 – 11:00 a.m.

Schedule subject to change No refunds after classes start. Missed classes must be made up in the series in which you paid.

- Private Yoga sessions and Yoga Therapy sessions
- Meditation classes, individual or 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

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Credit Cards Accepted on Pay Pal

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