

This Spring at Archana Yoga...

Schedules:

Classes resume Tuesday, January 5th with the same schedule. The Spring Series runs from 01/05 - 05/01.

Class Schedule

Tuesday:

6:00 - 7:30 pm.

Mixed level 1 & 2. for students with some experience with Iyengar yoga.

Wednesday:

9:00 - 10:30 am all levels

6:00 - 7:30 pm level 1 beginners

Thursday:

6:30 - 8:00 pm level 2 (instructor permission required)

Saturday Intensive:

What are the Saturday Intensive? An opportunity to delve more into the various aspects of yoga in a relaxed atmosphere. Each class includes Yoga Sutra Study, pranayam and a special topic in asana. The schedule for the Saturday Intensive is as follows:

SATURDAY INTENSIVE:

9 am - noon,

01/16, 02/20, 03/20, 04/17

All Sat. intensive are \$30 or two yoga bucks. These classes are included in the unlimited semester fee.

Each class includes YOGA SUTRA study, pranayam & asana.

Prices:

I have gotten such great feedback and participation on the lower unlimited class price that I am continuing at the lower price.

Class Prices:

\$15.00 drop-in

Yoga Bucks 5 classes @ \$60

Semester \$150, once per week non-transferable

NEW LOW PRICE!!!

Unlimited semester \$200 (non-transferable)

Private instruction available @\$60/hour or 5 sessions for \$250