

July 2008 Yoga Class Schedule

ROBIN'S YOGA & HEALING CTR, LLC
885 Main St/Suite 1a, Tewksbury, Ma
(978) 851-9911

e-mail: robin@yogawithrobin.com
web: <http://www.yogawithrobin.com>

NO CLASSES ON JULY 4TH!

CLASS PRICES:

<u>PRENATAL YOGA</u>	<u>GROUP YOGA</u>	<u>UNLIMITED CLASSES</u>	
Geared specifically for Prenatal Students Thursdays at 5:45pm \$5/any class	1 class/wk: \$50/month 2 classes/wk: \$90/month \$15/Drop-in Fee	\$125/ month \$1500/ year	
<u>FELDENKRAIS</u> <i>"Trust yourself to work out what is right for you." -Moshe Feldenkrais</i> Private Sessions \$85		<u>PRIVATE YOGA/PERSONAL JOUR-NEY</u> w/Robin <i>Sessions to discover you and your potential!</i> \$50/hr, 5 for \$200, or 10 for \$350	
Monday	10-11:00 AM	Advanced Yoga	Sandy Wolf
Monday	5:45-6:45 PM	Beginner Yoga	Cornelia Dinca
Monday	7:00-8:00 PM	Beginner Yoga	Cornelia Dinca
Tuesday	9:30-10:30 AM	Beginner Yoga	Ed Sipowicz
Tuesday	7:00-8:00 PM	Beginner Yoga	Robin Anderson
Wednesday	10-11:00 AM	Beginner Yoga	Sandy Wolf
Wednesday	7:00-8:00 PM	Ashtanga Yoga	Robin Anderson
Thursday	9:30-10:30 AM	Beginner Yoga	Robin Anderson
Thursday	5:45-6:45 PM	Prenatal Yoga \$5	Sandy Wolf
Thursday	7:00-8:00 PM	Beginner Yoga	Sandy Wolf
Friday	9-10 AM	Pilates/Yoga	Won DeLetis
Friday	10:30-11:30 AM	Ashtanga Yoga	Robin Anderson
<p>The Feldenkrais Method is a form of somatic education that uses gentle movement and directed attention to improve movement and enhance human functioning. Through this Method, you can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement. To book an appointment with Neeru, call (978) 851-9911.</p>			