

## June 2008 Yoga Class Schedule

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<b><u>PRENATAL YOGA</u></b>	<b><u>GROUP YOGA</u></b>	<b><u>FELDENKRAIS</u></b>
Geared specifically for Prenatal Students Thursdays at 5:45pm <b>\$5/any class</b>	1 class/wk: \$50/month 2 classes/wk: \$90/month <b>\$15/Drop-in Fee</b> <b>Trainee Class taught by YTT</b> <b>Student \$5</b>	<i>"Trust yourself to work out what is right for you."</i> - <a href="#">Moshe Feldenkrais</a> <b>Private Sessions \$85</b>
<b><u>YOGA for SENIORS</u></b> \$15/CLASS <i>Classes to suit</i> <i>Your body/your needs!</i>	<b><u>UNLIMITED CLASSES</u></b> \$125/ month \$1500/ year	<b><u>PRIVATE YOGA/ PERSONAL JOURNEY SESSIONS w/Robin</u></b> \$25 per 1/2 hr \$50/hr or 10 for \$450

Monday	10-11:00 AM	Advanced Yoga	Sandy Wolf
Monday	4:30-5 PM	Kid's Karate	Matt Hoffman
Monday	6:00-7:00 PM	Feldenkrais	Neeru
Tuesday	8:00-9:00 AM	Feldenkrais	Neeru
Tuesday	9:30-10:30 AM	Beginner Yoga	Robin Anderson
Tuesday	4:15-5:15 PM	Beginner Yoga	Sandy Wolf
Tuesday	7:00-8:00 PM	Beginner Yoga	Robin Anderson
Tuesday	8:00-9:00 PM	Feldenkrais	Neeru
Wednesday	10-11:00 AM	Beginner Yoga	Sandy Wolf
Wednesday	4:30-5 PM	Kid's Karate	Matt Hoffman
Wednesday	5:45-6:45 PM	Beginner Yoga	Cornelia Dinca
Wednesday	7:00-8:00 PM	Ashtanga/POWER YOGA	Robin Anderson
Thursday	9:30-10:30 AM	Beginner Yoga	Robin Anderson
Thursday	12-1 PM	Trainee Class \$5	Christine Orphanos
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	Intro to Advanced Yoga	Robin Anderson

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.