



June 2017 Class Schedule & Fees

Mondays

9:00 - 10:30 AM **ALL LEVELS** with Terry
 11:00 - 12:30 PM **LEVELS 1 & 2** with Anna
 6:30 - 8:00 PM **LEVEL 1** with Anthony

Tuesdays

9:00 - 10:30 AM **YOGA WALL PLUS** with Linda
 10:45 - 12:15 PM **LEVEL 1** with Linda
 12:30 - 1:30 PM **SENIORS** with Jane
 6:00 - 7:30 PM **LEVELS 1 & 2** with Anna

Wednesdays

9:30 - 11:00 AM **ALL LEVELS** with Jeneth
 5:30 - 6:30 PM **T'ai Chi Chih** with Jeneth
 6:30 - 8:00 PM **LEVEL 1** with Anthony

Thursdays

9:00 - 10:30 AM **ALL LEVELS** with Jeneth
 10:45 - 12:15 PM **LEVEL 1** with Terry
 12:30 - 1:30 PM **SENIORS** with Terry
 6:00 - 7:30 **LEVELS 1 & 2** with Anna

Fridays

9:00 - 10:30 AM **ALL LEVELS** Yang/Yin with Mimi
 11:00 - 12:30 PM **LEVELS 2 & 3** with Anna
 6:00 - 7:30 PM **Restorative Community Class**
 with Sally \$5-\$10 "donation" or class pkg

Saturdays

9:30 - 11:00 AM **ALL LEVELS** with Jeneth
 11:30 - 1:00 PM **LEVEL 1** with Susan

Sundays

(classes switched times as of June 4!!)
 9:00 - 10:30 AM **RESTORATIVE**
 Staff Rotation - check the schedule
 11:00 - 12:30 PM **LEVELS 1 & 2**
 Staff Rotation - check the schedule

YOGA Class Costs

\$18 Single Class
 \$110 - 10 Classes Within Three Months
 \$130 - 10 Classes Within Six Months
 \$150 - 15 Classes Within Three Months
 \$160 - Monthly Unlimited Yoga (30 Days)
 \$1350 - Twelve Months Unlimited Yoga (360 Days)

\$10 - Single Seniors Class
 \$40 - 5 Seniors Classes
 Note: Seniors' rates can be used for **Seniors' Class**,
T'ai Chi Chih & Community Restorative Class.

T'AI CHI CHIH rates:

\$10 Single Class
 \$64 - 8 Classes
 or use your Seniors Package

WHAT LEVEL ARE YOU?

LEVEL 1- YOGA BASICS - **Beginners Welcome**

LEVELS 1 & 2 - BASICS AND MORE - **Beginners Welcome**

LEVEL 2 & 3 - more challenging, **min. 1 year experience**

ALL LEVELS = 1/2/3- work at your own pace

Other **ALL LEVELS** Yoga Classes include:
RESTORATIVE, YOGA WALL PLUS, YANG/YIN

T'ai Chi Chih® - - Beginners Welcome!!

No experience necessary! Come learn the practice!
 19 movements and 1 pose. Can be done standing or seated.

Ventura Yoga Studio

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located behind the Von's Shopping Center located on
 Main Street between Ventura Avenue & N.Olive St.

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