

# ***Amherst Yoga***

## **July - September 2008 Session**

**Starts Monday July 7<sup>th</sup> and ends on Sunday September 28<sup>th</sup>**

*No Classes – September 1<sup>st</sup> Labor Day*

***\$162 for one class per week, or \$282 for unlimited classes.***

***\$99 July & August Unlimited Yoga Special for Teachers & Students.***

**Sunday** No Classes.

**Monday** 9:15am - 10:45am Yoga for Bone Health & Muscle Strength, with Nancy  
5:45pm - 7:15pm Embodied Vinyasa, with Pam

**Tuesday** 9:15am – 10:45am Moderate Vinyasa, with Ginny  
11:00am – 12:30pm Simply Somatics, with Ginny  
5:30pm – 7:00pm Moderate Vinyasa, with Ginny  
7:30pm – 9:00pm Yoga/Meditation Blend, with Judy

**Wednesday** 5:45pm – 7:15pm Kripalu Yoga Into Stillness, with Judy  
7:30pm – 9:00pm Kripalu Yoga Into Stillness, with Judy

**Thursday** 9:15am – 10:45am Vigorous Vinyasa, with Lisa  
11:00am – 12:30pm Simply Somatics, with Ginny  
5:30pm – 7:00pm Yoga for Therapeutic Alignment, with Ginny

**Friday** 9:15am – 10:45am Moderate Vinyasa, with Ginny & Pam

**Saturday** 9:30am – 11:00am Yoga for Bone Health & Muscle Strength, with Ginny

Summer Shape Up – with Ginny Friday July 11 5:00pm – 7:00pm Free forenrolled students  
\$15 for all others

Calming Your Anxious Mind – with Judy Friday Aug 8 5:00pm – 7:00pm Free forenrolled students  
\$15 for all others

**Refer a Friend and get a free Amherst Yoga T-shirt.**

Call Amherst Yoga at 673-7661 or e-mail: [info@AmherstYoga.com](mailto:info@AmherstYoga.com) to register.