

KUR YOGA SCHEDULE

MANY CLASSES UTILIZE OUR UNIQUE YOGA WALL

When **Gentle & Slow Yoga** classes run at seven or fewer students, we typically incorporate our Yoga Wall. This is an amazing way to delve more deeply into therapeutic poses with less pain.

Sundays

9:15 - 10:15 am	Gentle Yoga	Doreen
10:30 - 11:30 am	Vinyasa Flow	Trey
4:15 - 5:15 pm	Meditative Restorative with Singing Bowls	Olivia or April

Mondays

9:15 - 10:15 am	Slow Flow	Megan
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Tuesdays

9:15 - 10:15 am	Yoga for Tight Muscles	Dana
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Wednesdays

9:15 - 10:15 am	Yin Yoga	Doreen
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Thursdays

9:15 - 10:15 am	Yoga for Tight Muscles	Dana
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Fridays

9:15 - 10:15 am	Gentle Yoga	Megan
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Saturdays

9:15 - 10:15 am	Yoga Fundamentals	Olivia
10:30 - 11:30 am	Vinyasa Flow	Megan

New
Instr

Reservations strongly suggested! Classes can fill or be cancelled, two student minimum (or class is canceled one hour before start)

WORKSHOPS

Sound Bath with Dave Gatenby
Sunday, **July 28**, 1:30-3:00pm, **\$25**

Great Yoga Wall Series with Maggie
Wednesdays, **7/10-8/14**, 7:00-8:30pm,
\$175 for all six classes
(\$39 for drop-ins when available – call to inquire)

Yoga Class Pricing

Drop-In: **\$19**

10-Class Pack: **\$149** (\$14.90 each)

20-Class Pack: **\$249** (\$12.45 each)

1-Month Unlimited: **\$99** (or **\$79** in our Club)

Please read Kur's Yoga Policies on other side...