

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
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	MaryAnn
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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	Dana

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

WORKSHOPS

Great YOGA WALL Series

with Maggie McCuiston

Six Thursdays (1/9-2/13), 7:00-8:30pm, **\$175**
\$45 drop-ins when available

Sound Bath with Dave Gatenby

Saturday, **February 22**, 3:00-4:30pm, **\$25**

FREE Workshop with Kimberly (Indra)

Improve Digestion Naturally - Eating for your body type
Saturday, **March 8**, 12:00-1:00pm

Yoga Class Pricing

Drop-In: **\$19**

First-Month Intro: **\$59 (NEW STUDENTS)**

1-Month Unlimited: **\$109** (or **\$89** in our Club)

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

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

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