



The Perfect Combination of Alignment, Flow and Insight

October, November & December 2017

Sarasota's First Yoga School & Most Established Yoga Studio

register online for classes

yogafromtheheart.com

Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 8:00 am Early Morning Blend Janie			7:00 - 8:00 am Early Morning Blend Janie			
					8:30 - 9:45 am Yoga & Meditation Lynn	8:30 - 9:45 am Yoga & Restoratives Kris
10:00 - 11:15 am Beginners Michelle	10:00 - 11:30 am Open Lynn	10:00 - 11:15 am Beginners Steve	10:00 - 11:30 am Open Lynn	10:00 - 11:15 am Beginners Lynn	10:00 - 11:30 am Open Lynn	10:00 - 11:15 am Open Steve

Private Sessions Available 7 Days a Week

						4:00 - 5:15 pm Open Michelle
	5:45 - 7:00 pm Beginners Lynn	5:45 - 7:00 pm Open Steve				

HOLIDAY HOURS

Wednesday, Nov 22: 10:00 am Class Only
 Thanksgiving, Thursday, Nov 23: 9:30 am Workshop
 Christmas, Monday, Dec 25: 9:00 am Workshop
 Monday, Dec 18 - Sunday, Dec 31: 10:00 am Classes Only
 Monday, Jan 1: 10:00 am Workshop

Series + Drop-in Fees

\$15 Drop-in Always welcome
 \$52 for 4 Class Series, valid for 6 weeks
 \$72 for 6 Class Series, valid for 8 weeks
 \$110 for 10 Class Series, valid for 12 weeks
 \$275 for 25 Class Series, valid for 27 weeks

Workshops

Thanksgiving Day Workshop

Gratitude and yoga go hand-in-hand. Welcome the spirit of Thanksgiving with a morning of yoga. Open to all levels, this workshop is an opportunity to move into the holiday season with a stretched body, open mind, and grateful heart.

Date: Thursday, Nov 23
Time: 9:30 am – 11:00 am
Teacher: Lynn
Cost: \$30

The Perfect Gift: Christmas Day Yoga

Sneak in a yoga class before opening gifts. Relax before celebrating. Nourish your body and mind with a peaceful vibe and positive energy on Christmas Day. You'll feel exhilarated and blissful. Perfect for all levels.

Date: Monday, Dec 25
Time: 9:00 am – 10:30 am
Teacher: Lynn
Cost: \$30

New Year's Day Workshop

After all the holiday celebration and merry making, we have a class to kick off 2018 in a way that will get you grounded, focused and motivated! Whether you are new to yoga or a seasoned practitioner, start your year off right with yoga.

Date: Monday, Jan 1, 2018
Time: 10:00 am – 11:30 pm
Teacher: Lynn
Cost: \$30