



# October, November & December 2015

Sarasota's First Yoga School & Most Established Yoga Studio

The Perfect Combination of Alignment, Flow and Insight

## 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 - 9:30 am Beginners Josie	8:30 - 9:30 am Beginners Erin	8:30 - 9:30 am Beginners Erin	8:30 - 9:30 am Beginners Erin		8:30 - 9:45 am Yoga & Meditation Lynn	8:30 - 9:45 am Yoga & Restoratives Kris
10:00 - 11:15 am Beginners Julie	10:00 - 11:30 am Open Lynn	10:00 - 11:15 am Beginners Erin	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
12:00 - 1:00 pm Chair Yoga Julie	<b>Private Sessions Available 7 Days a Week</b>					
4:00 - 5:15 pm Open Erin		4:30 - 5:45 pm Open Julie				4:00 - 5:15 pm Open Michelle
6:00 - 7:15 pm Beginners Josie	5:45 - 7:00 pm Beginners Lynn	6:00 - 7:15 pm Open Steve	5:45 - 7:00 pm Open Lynn			

register online for classes  
[yogafromtheheart.com](http://yogafromtheheart.com)

### 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 12 weeks

\$275 for 25 Class Series  
valid 27 weeks

### HOLIDAY HOURS

Wed, Nov 25:  
10:00 am Class Only

Thanksgiving, Thurs, Nov 26:  
9:30 - 11:30 am Workshop

Christmas, Fri, Dec 25:  
9:00 - 10:30 am Workshop

Mon, Dec 21 - Thurs, Dec 31:  
10:00 am Classes Only

Fri, Jan 1:  
10:00 am - 12:00 pm Workshop

2010 Pine Terrace, Ste. B | Sarasota, FL 34231 | 941.929.9878 | [yogafromtheheart@comcast.net](mailto:yogafromtheheart@comcast.net)



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## Workshop Schedule

		
<b>Thanksgiving Day Workshop</b> 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.	<b>The Perfect Gift: Christmas Day Yoga</b> 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.	<b>New Year's Day Workshop</b> After all the holiday celebration and merry making, we have a class to kick off 2016 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!
<b>Thurs, Nov 26</b> <b>9:30 – 11:30 a.m. Workshop</b> <b>Teacher: Lynn</b> <b>Cost: \$40</b>	<b>Fri, Dec 25</b> <b>9:00 – 10:30 a.m. Workshop</b> <b>Teacher: Lynn</b> <b>Cost: \$30</b>	<b>Fri, Jan 1, 2016</b> <b>10:00 a.m. – 12:00 p.m. Workshop</b> <b>Teacher: Lynn</b> <b>Cost: \$40</b>

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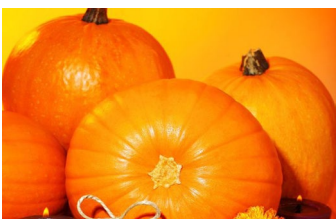



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