

March & April 2010 at The Light Within Yoga Studio



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|---|---|---|--|
| <p>Please visit our website! thelightwithinyoga.com</p> <p>First class FREE!</p> | <p>1</p> <p><u>MLA</u>-5:00-6:15 pm w/ Erin</p> <p><u>Gentle</u>- 6:30-7:45 pm w/ Alison</p> | <p>2</p> <p><u>Gentle</u> 1-2 pm w/ Alison</p> <p><u>Yoga for Athletes</u> 6-7 pm w/ Alison</p> <p>*<u>Nia (5)</u> 7:15-8:30 pm w/ Erin Bobo</p> | <p>3</p> <p><u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh</p> <p><u>MLV</u> 5:00-6:10 w/ Katie</p> <p>NEW CLASS! <u>Gentle</u>-6:15-7:15 w/ Alison</p> <p><u>Beginner/Gentle</u> 7:15-8:30 w/ Alison</p> <p>CLOSED</p> | <p>4</p> <p><u>Gentle</u> 1-2 pm w/ Sarah</p> <p><u>MLV</u> 6-7:15 pm w/ Erin</p> <p>Make up #1 for Yoga Nidra series #1 7:30-8:30 pm w/ Victoria</p> | <p>5</p> <p><u>MLA</u>- 9:15-10:45 am w/ Alison</p> | <p>6</p> <p><u>MLM</u> 7:15--9:10 w/Alison</p> <p><u>Gentle</u> 9:15-10:25 w/ Alison</p> <p><u>MLA</u> 10:30-Noon w/ Alison</p> |
| <p>7</p> <p><u>Gentle</u>- 9:00-10:15 w/ Erin</p> <p><u>MLA</u> 10:30-Noon w/ Erin</p> | <p>8</p> <p><u>MLA</u>-5:00-6:15 pm w/ Erin</p> <p><u>Gentle</u>- 6:30-7:45 pm w/ Alison</p> | <p>9</p> <p><u>Gentle</u> 1-2 pm w/ Alison</p> <p><u>Yoga for Athletes</u> 6-7 pm w/ Katie</p> <p>NO NIA! NEW SESSION BEGINS NEXT WEEK REGISTER ASAP</p> | <p>10</p> <p><u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh</p> <p><u>MLV</u> 5:00-6:10 w/ Katie</p> <p>NEW CLASS! <u>Gentle</u>-6:15-7:15 w/ Alison</p> <p><u>Beginner/Gentle</u> 7:15-8:30 w/ Alison</p> <p>CLOSED</p> | <p>11</p> <p><u>Gentle</u> 1-2 pm w/ Sarah</p> <p><u>MLV</u> 6-7:15 pm w/ Erin</p> <p>Make-up #2 Yoga Nidra series #1 7:30-8:30 pm w/ Victoria</p> | <p>12</p> <p><u>MLA</u>- 9:15-10:45 am w/ Alison</p> | <p>13</p> <p><u>MLM</u> 7:15--9:10 w/Alison</p> <p><u>Gentle</u> 9:15-10:25 w/ Alison</p> <p><u>MLA</u> 10:30-Noon w/Erin</p> |
| <p>14</p> <p><u>Gentle</u>- 9:00-10:15 w/ Erin</p> <p><u>MLA</u> 10:30-Noon w/ Erin</p> | <p>15</p> <p><u>MLA</u>-5:00-6:15 pm w/ Erin</p> <p><u>Gentle</u>- 6:30-7:45 pm w/ Alison</p> | <p>16</p> <p><u>Gentle</u> 1-2 pm w/ Alison</p> <p><u>Yoga for Athletes</u> 6-7 pm w/ Katie</p> <p>*<u>Nia (1)</u> 7:15-8:30 pm w/ Erin Bobo</p> | <p>17</p> <p><u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh</p> <p><u>MLV</u> 5:00-6:10 w/ Katie</p> <p>NEW CLASS! <u>Gentle</u>-6:15-7:15 w/ Alison</p> <p><u>Beginner/Gentle</u> 7:15-8:30 w/ Alison</p> <p>CLOSED</p> | <p>18</p> <p><u>Gentle</u> 1-2 pm w/ Sarah</p> <p><u>MLV</u> 6-7:15 pm w/ Erin</p> <p><u>Yoga Nidra</u> Series #2 begins \$70 all 7 or use class card 7:30-8:30 pm w/ Victoria</p> | <p>19</p> <p><u>MLA</u>- 9:15-10:45 am w/ Alison</p> | <p>20</p> <p><u>MLM</u> 7:15--9:10 w/Alison</p> <p><u>Gentle</u> 9:15-10:25 w/ Alison</p> <p><u>MLA</u> 10:30-Noon w/Alison</p> |
| <p>21</p> <p><u>Gentle</u>- 9:00-10:15 w/ Erin</p> <p><u>MLA</u> 10:30-Noon w/ Erin</p> <p><u>Yoga For Children 12:30-1:30 pm</u> ages 4-8 w/ Patty \$15 Parent/guardian & child</p> <p>**<u>Meditation</u> w/ Dr. Hauser 3:00-4:30 \$10 register asap please!</p> | <p>22</p> <p><u>MLA</u>-5:00-6:15 w/ Erin</p> <p><u>Gentle</u>- 6:30-7:45 w/ Alison</p> | <p>23</p> <p><u>Gentle</u> 1-2 pm w/ Alison</p> <p><u>Yoga for Athletes</u> 6-7 pm w/ Katie</p> <p>*<u>Nia (2)</u> 7:15-8:30 pm w/ Erin Bobo</p> | <p>24</p> <p><u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh</p> <p><u>MLV</u> 5:00-6:10 w/ Katie</p> <p><u>Gentle</u>- 6:15-7:15 w/ Alison</p> <p><u>Beginner/Gentle</u> 7:15-8:30 w/ Alison</p> <p>CLOSED</p> | <p>25</p> <p><u>Gentle</u> 1-2 pm w/ Sarah</p> <p><u>MLV</u> 6-7:15 pm w/ Erin</p> <p><u>Yoga Nidra</u> 7:30-8:30 pm w/ Victoria</p> | <p>26</p> <p><u>MLA</u>- 9:15-10:45 am w/ Alison</p> | <p>27</p> <p><u>MLM</u> 7:15--9:10 w/Alison</p> <p><u>Gentle</u> 9:15-10:25 w/ Alison</p> <p><u>MLA</u> 10:30-Noon w/Erin</p> |

| 28 <u>Gentle</u> - 9:00-10:15 w/ Alison <u>MLA</u> 10:30-Noon w/ Alison Sun | 29 <u>MLA</u> -5:00-6:15 w/ Alison or Katie <u>Gentle</u> - 6:30-7:45 w/ Erin Mon | 30 <u>Gentle</u> 1-2 pm w/ Alison <u>Yoga for Athletes</u> 6-7 pm w/ Katie *Nia (3) 7:15-8:30 pm w/ Erin Bobo Tue | 31 <u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh <u>MLY</u> 5:00-6:10 w/ Katie <u>Gentle</u> - 6:15-7:15 w/ Erin <u>Beginner/Gentle</u> 7:15- 8:30 w/ Erin CLOSED Wed | APRIL 1 <u>Gentle</u> 1-2 pm w/ Sarah <u>MLY</u> 6-7:15 pm w/ Erin <u>Yoga Nidra</u> 7:30- 8:30 pm w/ Victoria Thu | 2 <u>MLA</u> - 9:15-10:45 am w/ Alison Fri | 3 <u>MLM</u> 7:15--9:10 w/Alison <u>Gentle</u> 9:15-10:25 w/ Alison <u>MLA</u> 10:30-Noon w/ Alison Sat |
|--|--|--|---|--|--|--|
| 4 CLOSED HAPPY HOLIDAY! | 5 <u>MLA</u> -5:00-6:15 pm w/ Alison or Katie <u>Gentle</u> - 6:30-7:45 pm w/ Alison | 6 <u>Gentle</u> 1-2 pm w/ Alison <u>Yoga for Athletes</u> 6-7 pm w/ Katie *Nia (4) 7:15-8:30 pm w/ Erin Bobo | 7 <u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh <u>MLY</u> 5:00-6:10 w/ Katie <u>Gentle</u> - 6:15-7:15 w/ Erin <u>Beginner/Gentle</u> 7:15- 8:30 w/ Erin CLOSED | 8 <u>Gentle</u> 1-2 pm w/ Sarah <u>MLY</u> 6-7:15 pm w/ Erin <u>Yoga Nidra</u> 7:30-8:30 pm w/ Victoria | 9 <u>MLA</u> - 9:15-10:45 am w/ Alison | 10 <u>MLM</u> 7:15--9:10 w/Alison <u>Gentle</u> 9:15-10:25 w/ Alison <u>MLA</u> 10:30-Noon w/ Alison |
| 11 <u>Gentle</u> - 9:00-10:15 w/ Alison <u>MLA</u> 10:30-Noon w/ Alison | 12 <u>MLA</u> -5:00-6:15 pm w/ Alison <u>Gentle</u> - 6:30-7:45 pm w/ Alison | 13 <u>Gentle</u> 1-2 pm w/ Alison <u>Yoga for Athletes</u> 6-7 pm w/ Katie <u>Nia (5)</u> 7:15-8:30 pm w/ Erin Bobo | 14 <u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh <u>MLY</u> 5:00-6:10 w/ Katie <u>Gentle</u> - 6:15-7:15 w/ Alison <u>Beginner/Gentle</u> 7:15- 8:30 w/ Alison CLOSED | 15 <u>Gentle</u> 1-2 pm w/ Sarah <u>MLY</u> 6-7:15 pm w/ Erin <u>Yoga Nidra</u> 7:30-8:30 pm w/ Victoria | 16 <u>MLA</u> - 9:15-10:45 am w/ Alison | 17 <u>MLM</u> 7:15--9:10 w/Alison <u>Gentle</u> 9:15-10:25 w/ Alison <u>MLA</u> 10:30-Noon w/Erin |
| 18 <u>Gentle</u> - 9:00-10:15 w/ Erin <u>MLA</u> 10:30-Noon w/ Erin <u>Yoga For Children 12:30- 1:30 pm</u> ages 4-8 w/ Patty \$15 Parent/guardian & child **Meditation w/ Dr. Hauser 3:00-4:30 \$10 register asap! | 19 <u>MLA</u> -5:00-6:15 pm w/ Alison <u>Gentle</u> - 6:30-7:45 pm w/ Alison | 20 <u>Gentle</u> 1-2 pm w/ Alison <u>Yoga for Athletes</u> 6-7 pm w/ Katie NO NIA! NEW SESSION BEGINS NEXT WEEK REGISTER ASAP | 21 <u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh <u>MLY</u> 5:00-6:10 w/ Katie <u>Gentle</u> - 6:15-7:15 w/ Alison <u>Beginner/Gentle</u> 7:15- 8:30 w/ Alison CLOSED | 22 <u>Gentle</u> 1-2 pm w/ Sarah <u>MLY</u> 6-7:15 pm w/ Erin <u>Yoga Nidra</u> 7:30-8:30 pm w/ Victoria | 23 <u>MLA</u> - 9:15-10:45 am w/ Erin | 24 <u>MLM</u> 7:15--9:10 w/Alison <u>Gentle</u> 9:15-10:25 w/ Alison <u>MLA</u> 10:30-Noon w/Alison |
| 25 <u>Gentle</u> - 9:00-10:15 w/ Erin <u>MLA</u> 10:30-Noon w/ Erin <u>Yoga Nidra Workshop</u> with Victoria 1:00-3:00 \$30 | 26 <u>MLA</u> -5:00-6:15 pm w/ Alison or Katie <u>Gentle</u> - 6:30-7:45 pm w/ Erin | 27 <u>Gentle</u> 1-2 pm w/ Alison <u>Yoga for Athletes</u> 6-7 pm w/ Katie <u>Nia (1)</u> 7:15-8:30 pm w/ Erin Bobo | 28 <u>Gentle/Restorative</u> 10-11:15 w/ Sheelagh <u>MLY</u> 5:00-6:10 w/ Katie <u>Gentle</u> - 6:15-7:15 w/ Alison <u>Beginner/Gentle</u> 7:15- 8:30 w/ Alison CLOSED | 29 <u>Gentle</u> 1-2 pm w/ Sarah <u>MLY</u> 6-7:15 pm w/ Erin <u>Yoga Nidra</u> 7:30-8:30 pm w/ Victoria | 30 <u>MLA</u> - 9:15-10:45 am w/ Alison | PLEASE REGISTER NOW for any classes you plan to attend regularly in May & June! CLASS PRICING Drop in- \$18 Drop in student \$10 10 class card \$115 10 class student \$80 20 class card \$200 \$90 unlimited 30 days! Classes as low as \$7! |

***Instructors subject to change Yoga class descriptions & more information**

can be found online at www.thelightwithinyoga.com or call: 484-643-0870