

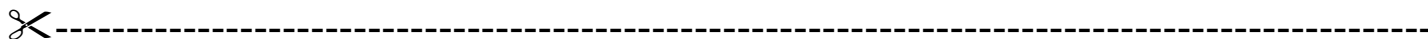
Summer 2009 Yoga

Special Focus Workshops

2-hour classes - \$28 per class

(or 2Xs on your punch card)

June 10	WED	6-8pm	Yoga for Cyclists	All Levels	BETH
June 17	WED	6-8pm	Inversion Prep	Level 3 & up	JULIE
June 24	WED	6-8pm	Hand Care	All Levels	JULIE
July 8	WED	6-8pm	Healthy Breathing	All Levels	BETSY
July 14	TUES	1:30-3:30	Loosen Your Hamstrings	Adv Beg	STU
July 18	SAT	9-11am	Yoga for Walkers	Adv Beg & up	HOPE
July 22	WED	6-8pm	Managing Cranky SI Joints	Adv Beg & up	HOPE
July 29	WED	6-8pm	Shoulder Opening	Int	JULIE
July 31	FRI	12-2pm	Core Strengthening	Adv Beg	STU
Aug 5	WED	6-8pm	Yoga for Walkers	Adv Beg & up	HOPE
Aug 8	SAT	9-11am	Sequencing Home Practice	Adv Beg & up	HOPE
Aug 11	TUES	1:30-3:30	Core Strengthening	Beg	STU
Aug 21	FRI	12-2pm	Standing Poses	Int	STU
Sept 16	WED	6-8pm	Sequencing Home Practice	Adv Beg & up	HOPE
Sept 19	SAT	9-11am	Managing Cranky SI Joints	Adv Beg & up	HOPE



Registration: Please let us know which special focus classes you'll be attending by filling out and returning this form. You may pay in advance (checks payable to Gudmestad & Associates) or use your punch card the day of the class.

Date of workshop	Content
_____	_____
_____	_____
_____	_____

Name: _____ Phone: _____ Total Cost: _____ Payment Enclosed: ___ Pay w/punch card: ___