

balancedYOGA

Schedule *September* 2010

Ashtanga:				September 1st - 30th		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 - 10:30 AM Primary Level II	9:30 - 11:00 AM Primary Level II		9:30 - 11:00 AM Primary Level II		9:30 - 11:00 AM Primary Level II	
		7:30 - 8:45 PM Ashtanga Level I	5:45 - 7:15 PM Primary Level II		5:30 - 7:30 PM Mysore	

Vinyasa:				September 1st - 30th		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00 - 7:00 AM Vinyasa Levels I		6:00 - 7:00 AM Vinyasa Levels I		8:00 - 9:15 AM Vinyasa Level 2
8:30 - 10:00 AM Vinyasa Levels I		9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Hatha Flow	9:00 - 10:30 AM Vinyasa Levels 1/2	9:00 - 10:00 AM Vinyasa Level I	8:30 - 9:45 AM Vinyasa Level I
	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga	12:00 - 1:00 PM Lunch Time Yoga		12:00 - 1:00 PM Lunch Time Yoga	
4:45 - 6:15 PM Open All Levels	5:45 - 7:15 PM Vinyasa Level 2	5:45 - 7:15 PM Vinyasa Levels 2/3	5:45 - 7:15 PM Vinyasa Level 2		5:45 - 7:15 PM Vinyasa Level 2	
	7:30 - 9:00 PM Vinyasa Level I	6:00 - 7:15 PM Vinyasa Level I	7:30 - 9:00 PM Vinyasa Level I	6:00 - 7:15 PM Vinyasa Level I		

Others:				September 1st - 30th		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						10:00 - 11:15 AM Hathalini (tm)
				12:00 - 1:00 PM Yoga-lates		11:30 - 1:00 PM Hatha Blend Levels 1-2
3:00 - 4:00 PM Yoga Foundations	7:30 - 9:00 PM Yoga for Cancer	7:30 - 8:45 PM Restorative	7:30 - 8:30 PM Yoga Foundations	7:30 - 8:45 PM Hot Yoga		12:00 - 1:00 PM Baby & Me
3:30 - 4:30 PM Pranayama/Yin						1:30 - 2:45 PM Prenatal Yoga
						3:00 - 4:00 PM Family Yoga (1st Saturday each month)

September Workshop

- Core Values with Mary Ann Frye Sunday, September 12, 4:15 - 6:15 pm
- Heels Over Head with Beaker Prince Sunday, September 19, 12:30 - 2:30 pm
- Teacher Training Immersion with Donna Winters September 23, 5:30 - 10 pm
- Ashtanga 102 with Taylor Hunt Mondays September 13, 20 & 27 6:00 PM

September Workshop Information visit our website balancedyoga.net or call 614-265-9642

Clintonville

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Please visit www.balancedyoga.net for more information