



www.healththruyoga.com

SPRING REGISTRATION

Tuesday May 1st - Monday July 2nd, 2012

Yoga and more...Studio, 3926 Willow Ave. Castle Shannon

Sign up for spring classes now to reserve your spot! Even if you register for a specific class you are welcome to attend other classes within that semester, just please call or text 412-292-5167 for availability (classes subject to change).

DISCOUNTS and FLEXIBILITY are available for early registration. If you are new to our studio your first class is free (except for those with Double Take Deals coupons). Discounts available for seniors, students and trolley riders.

To register or for questions please call or email Lesli at singingyogi@aol.com

The class schedule is on the back of this flyer, check schedule for changes. You may pay 1/2 now and the balance at the first class.

Pregnant women encouraged to take the restorative classes.

MONDAY **6:15-7:15pm** **Hatha/Iyengar**
 7:30-8:30pm **Hatha/Iyengar**

(May 7, 14, 21, June 4, 11, 18, 25, July 2)

No Class Memorial Day May 28th

**(come visit the Yoga and more... table @ Community Day May 27th
Castle Shannon, ask for more information! Bands, beer and food!)**

TUESDAY **9-10am** **Hatha/Iyengar**
 6:30-7:30pm **Mixed Practice**

(May 1, 8, 15, 22, 29, June 5, 12, 19, 26)

WEDNESDAY **5:00-6:00pm** **Restorative**
 6:30-7:30pm **Combo/Abs**

(May 2, 9, 16, 23, 30, June 6, 13, 20, 27)

FRIDAY **9-10am** **Gentle Yoga**

(May 4, 11, 18, 25, June 1, 8, 15, 22, 29)

SATURDAY **10-11am** **Mixed Practice**

(May 5, 12, 19, 26, June 2, 9, 16, 23, 30)

THERE WILL BE NO CLASSES THE WEEK OF JULY 3-8

4 Classes/\$60

8 Classes/\$110 (pay 1/2 by Apr 26 save \$10, after Apr 26 \$115)

15 Classes/\$200 (pay 1/2 by April 26 save \$25 after Apr. 26 \$215)

**As more students/new students commit more classes will be available,
especially in summer, so watch your email for notices of changes!**

Please bring your own equipment if available.

Namaste'

