



**Come as often as you like!!**

**Learn as much as you can!!**

## Summer Sizzles at Mindful Yoga Studio

5 week Summer Session August 2 – September 3  
 Summer Unlimited Pass extended thru September 3

**August Special**  
**24 classes to choose from**

**Unlimited Pass**  
**Only \$85**

**August Special**

**Any Single Class**  
**Only \$11**

### **August 2010 SCHEDULE**

<b>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>	<b>Fridays</b>	<b>Sat. or Sun</b>
<b>9:00 – 10:15a</b> <b>Gentle</b> <b>Terri</b>  August 2,16,30	<b>8:15 – 9:30a</b> <b>All Levels</b> <b>Pamela</b>  August 3 & 10	<b>9:00 – 10:15a</b> <b>All Levels</b> <b>Pamela</b>  August 4 & 11	        <b>5:15-6:30p</b> <b>All Levels</b> <b>Pamela</b>  August 5 & 12	        <b>9:30-10:45am</b> <b>All Levels</b> <b>Terri</b>  August 6 & 20 & September 3	        <b>Schedule a</b> <b>PRIVATE</b> <b>SESSION any</b> <b>day of the week</b>  Work on specific issues Or Treat yourself to a gift of peace for your Body/mind/spirit
<b>6:00 – 7:15p</b> <b>All Levels</b> <b>Sandy</b>  August 2, 9, 16, 23, 30	<b>5:30 - 6:45p</b> <b>All Levels</b> <b>Pamela</b>  August 3 & 10	<b>5:30 – 6:45p</b> <b>All Levels</b> <b>Sandy</b>  August 4, 11, 18, 25 & September 1			

**Send registration to: Mindful Yoga PO BOX 272 Somers, WI 53171**

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 (262) 859-2151 [www.yogainmind.com](http://www.yogainmind.com) or [Pamela@yogainmind.com](mailto:Pamela@yogainmind.com)

*Yoga since 1975 \* Certified Himalayan Institute Instructors \* Registered by Yoga Alliance*