



FALL 2009 STUDIO SCHEDULE

October 19 – December 11

7 weeks \$84

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sat. or Sun
9:00 – 10:15a Gentle Pamela	8:15 – 9:30a All Levels Pamela 9:45-11a Gentle Terri	9:00 – 10:15a All Levels Pamela	11 - 12:15p All Levels Terri 5:15-6:30p Yoga 2 Pamela	Schedule a PRIVATE SESSION anytime Work on specific issues Or Treat yourself to a gift of peace for your Body/mind/spirit	Weekend Workshops Check web site or call for Workshops Details
5:30 - 6:45p ** Beginner Pamela	5:30 - 6:45p Yoga 2 Pamela	5:30 – 6:45p Yoga 2 Pamela			
7:00 - 8:15p** Beginner Pamela	7:00 - 8:15p Yoga 1 Pamela	7:00 - 8:15p Yoga 1 Terri			

**Studio Closed: Week of November 23rd for Thanksgiving Holiday
December 12th – January 3rd**

10% discount when you register for 2 or more classes

Drop-ins welcome anytime - \$15/class

PUNCH CARD \$135 FOR 10 CLASSES IN 3 MONTHS

Send registration to:

Mindful Yoga PO BOX 272 Somers, WI 53171

Mindful Yoga Studio 6127 Green Bay Rd. Suite 150 Kenosha, WI
(262) 859-2151

www.yogainmind.com or Pamela@yogainmind.com

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