



Class Schedule

September 13 – October 22 6 weeks \$72

Monday evening September only register with UW Parkside Mini Course 595-2307

October 25 – December 10 6 weeks \$72

Studio closed the week of Thanksgiving November 22

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Sat. or Sun
9:00 – 10:15a Gentle Terri	8:15 – 9:30a All Levels Pamela 9:45-11a Gentle Terri	9:00 – 10:15a All Levels Pamela		9:30 – 10:45a All Levels Terri	Weekend Workshops
5:30 - 6:45p Yoga 1 Pamela	5:30 - 6:45p Yoga 2 Pamela	5:30 – 6:45p Yoga 2 Pamela	5:15-6:30p All Levels Pamela	Schedule a PRIVATE SESSION any day of the week	Check web site or call for Workshops Details
7:00 - 8:15p Yoga 1 Pamela	7:00 - 8:15p All Levels Pamela	7:00 - 8:15p All Levels Sandy		Work on specific issues Or Treat yourself	

**10% DISCOUNT
for 2 or
MORE CLASSES**

**START ANYTIME
DROP-INS WELCOME
\$15/class**

**PUNCH CARD
10 CLASSES
IN 3 MONTHS \$135**

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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