



**Old Elm Executive Park**  
6127 Green Bay Road Suite 150 Kenosha Wisconsin

**(262) 859-2151**

[www.yogainmind.com](http://www.yogainmind.com)

[pamela@yogainmind.com](mailto:pamela@yogainmind.com)

Facebook.com/mindfullyoga

**April 16 – June 2**

**7 weeks \$84**

**MONDAY**

10:00 - 11:15 am	Gentle	Terri	\$84
5:30 - 6:45 pm	Yoga 1	Pamela	\$84
7:00 - 8:15 pm	Yoga 1	Pamela	\$84

**TUESDAY**

8:00 - 9:30 am**	Yoga 2	Pamela	\$98
10 - 11:15 am	Gentle	Terri	\$84
5:30 - 6:45 pm	Yoga 1 & 2	Pamela	\$84
7:00 - 8:15 pm	Yoga 1 & 2	Pamela	\$84

**WEDNESDAY**

9:00 - 10:15 am	Yoga 1 & 2	Pamela	\$84
5:30 - 6:45 pm	Yoga 1 & 2	Pamela	\$84
7:00 - 8:15 pm	Yoga 1	Sandy	\$84

**THURSDAY**

4:15 – 5:30pm	Gentle	Terri	\$84
5:45 – 7:15 pm**	Yoga 2	Pamela	\$98

**FRIDAY**

9:30 - 10:45 am	Yoga for Every Body	Terri	\$84
12:00 -1:15 pm	Gentle	Terri	\$84

**SATURDAY**

9:30-10:45am	Yoga 1 & 2	Sandy	\$84
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**\*\*1 ½ hr class includes breath work/meditation  
6 months prior yoga experience**

**Weekend Workshops January – May  
[www.yogainmind.com/special events](http://www.yogainmind.com/special events)**

**Spring Classes**

April 16-June 2  
**7 week/Unlimited Pass  
Only \$151.20**  
Discounts on Workshops

April 16-June 2  
**7 weeks/1x a week  
Only \$84**  
**1 ½ hr. class \$98**  
Tues. 8am/Thurs. 5:45pm

**Punch Card**  
10 classes/3 months  
**\$135/\$155 yoga 2**  
**Drop In Anytime**  
**\$15/\$18 yoga 2**

**Offering Personalized Attention  
Student Centered Classes**

**Schedule Yoga Therapy and Private Sessions  
Work on Specific issues**

Visit our store for high quality yoga products; open prior to and directly after scheduled classes or by appointment

**\*\*Gift Certificates \*\* Donation Raffles \*\* Yoga Parties \*\***

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

**Certified Himalayan Institute Instructors \* Registered by Yoga Alliance  
Kenosha/Racine's Only Master Level E-RYT 500 Teachers providing CEU's to Teachers**