

HEART IN HANDS LLC

512 N. Lincoln, Ste. 200, Bay City, MI 48706

YOGA SCHEDULE FEB – JUNE 2011

SERIES

I: 2/8/11 – 3/19/11
II: 3/29/11 – 5/7/11
III: 5/17/11 – 6/24/11

CLASSES

Tuesdays

9:00 am Vinyasa
11:00 am Guy-oga
4:00 pm Hatha
6:00 pm Hatha

Wednesdays

8:30 am Hatha
10:00 am Yoga for Anybody

Thursdays

9:00 am Vinyasa
4:00 pm Hatha
6:00 pm Hatha

Fridays

10:00 am Yoga for Anybody

Saturdays (Please check schedule at studio or website: www.heartinhands.biz)

8:30 am Vinyasa
10:00 am Yoga on the Ball

FEES

One Six Week Series: \$60

Two Six Week Series: \$110

All Three Series: \$165

Two Classes/Week Three Series: \$325

Drop-in fee: \$12/class

Ask about 10% senior discount.

NOTE: If Bay City Schools are closed, there will be NO classes for the entire day.

CLASS DESCRIPTIONS

Unless otherwise indicated, classes are taught in the Hatha Yoga tradition and are suitable for all levels of experience. Modifications are offered to suit each student's individual needs/desires. Hatha Yoga combines breathing techniques (pranayama) with postures (asanas) to improve strength, flexibility, balance while reducing stress.

Yoga for Anybody is designed for any "Body" regardless of age, fitness level, or physical limitations. Movements are gentle with emphasis on proper breathing, safe alignment and good posture.

Vinyasa is a vigorous style of yoga offering more physical and mental challenge for the student. Previous yoga experience is recommended.

Yoga on the Ball is a fun class designed to improve core strength while performing yoga, strength training and fitness exercises.

Guy-oga: Just for guys. Guy-oga is just for the guys. This class is great for any "guy" who wants to improve flexibility, increase strength and perhaps reduce stress. No previous experience required.

Saturday schedule: Please see posting at studio and on website:

www.heartinhands.biz

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