



august 2007

class schedule

* please read class level descriptions and ask your instructor if you are unsure of your level *

m
9:30-11:00 am
Iyengar Yoga
Cathy Rogers
Evans
(level 1&2)

12:00-1:00 pm
**Lunch Express Flow
Yoga**
Laura D.
(level 1&2)

4:00-5:00 pm
**Somatique Yoga
"Movement Therapy"**
Erhard
(all levels)

7:00-8:00 pm
Mat Pilates
Christina
(level 1&2)

t
7:30-8:45 am
**Anusara
Inspired
Flow**
Adele
(all levels)

9:30-11:00 am
Flow Yoga
Laura D.
(level 1&2)

4:30-5:25 pm
Flow Basics
Bonnie
(level 1)

5:30-6:30 pm
Flow Yoga
Bonnie
(level 2&3)

7:00-8:00 pm
**Fun w/ Belly Dance
Enrolled Class**
Leilania (level 1)
7/10-8/14
see back for details

8:00-9:00 pm
**Belly Dance
Enrolled Class**
Leilania (level 2)
7/10-8/14
see back for details

w
9:30-11:00 am
Iyengar Yoga
Cathy Rogers Evans
(level beg/level 1)

6:00-7:00 pm
Mat Pilates
Julie
(level 1)

t
7:30-8:45 am
**Anasura Inspired
Flow**
Adele
(all levels)

5:30-6:45 pm
Flow Yoga
Sara
(level 2&3)

7:00-8:30 pm
**Deep Healing/
Restorative**
Andrea
(gentle)

f
9:30-11:00 am
Flow Yoga
Laura D.
(level 1&2)

3:00-4:30 pm
Restorative Iyengar
Cathy Rogers Evans
(level 1)

s
7:30-8:45 am
Flow Yoga
Laura P.
(level 1)

9:00-10:30 am
Iyengar Yoga
Cathy Rogers Evans
(all levels)

4:00-5:00 pm
**Somatique Yoga
"Movement
Therapy"**
Erhard
(all levels)

s
8:15-9:45 am
Iyengar Yoga
Edith
(all levels)

10:00-11:00 am
Mat Pilates
Gloria
(level gentle/1)

4:00-5:15 pm
Flow Yoga
Laura M.
(level 1&2)

level descriptions:

gentle: easy, relaxing
postures and breathing

level 1: moderate
level of exertion

level 2: vigorous
class

one free class!

log on for more details...
www.bambooyoga.com/freeclass.html