

# Yoga Space

*Fall 2018* September 8 - December 21  
14 weeks, (no classes November 19 - 24)



## Fees

Go to [www.yogaspaceannarbor.com](http://www.yogaspaceannarbor.com) to register

### Checks and Cash

You may mail a check payable to The Yoga Space for the full amount *with your name, address, email, phone and the class/day time.*

Beginning, Intermediate classes:	\$ 196
Continuing class:	\$ 266
Philosophy	\$ 10/each class
Restorative class:	\$ 25
Yoga for Runners	\$ 35

### Credit

Or you may register online: [www.yogaspaceannarbor.com](http://www.yogaspaceannarbor.com)  
for the full session only.

\$3.00 convenience fee added to class fees

### Drop In Fees:

Beginning, Intermediate classes:	\$20
Continuing class:	\$25

### Instructors Certification Level

Sue Salaniuk	Senior Intermediate I
Sally Rutzky	Introductory II
Pam Lindberg	Introductory II
Susan Bellinson	Introductory II

### Substitutes

Vicky McGuffen	Junior Intermediate I
Linda Damon	Introductory II

Our Instructors are Certified in the Iyengar method; a tradition that focuses on individual students, precision of movement and attention on focused awareness.

See [IYNAUS.org/certification](http://IYNAUS.org/certification) for information regarding level of certification.

## Beginning Yoga

Wednesday: 9:00 - 10:30 am, Sue

Wednesday: 6:00 - 7:30 pm, Sue

Thursday: 6:00 - 7:30 pm, Pam

## Advanced Beginning

Monday: 9:30 - 11:00 am, Susan

## Intermediate

Monday: 5:45 - 7:15 pm, Sue

Tuesday: 5:45 - 7:15 pm, Pam

Friday: 9:30 - 11:00 am, Sue

## Beginning for 50+

Saturday: 11:15 - 12:45 pm, Sally

## Intermediate for 50+

Saturday: 9:30 - 11:00 am, Sally

## Continuing

Friday: 11:15 - 1:15 pm, Sue

## Focus Classes

### Philosophy with Sally

Second Sunday each month: 1:30 - 2:30 pm

### Restorative

Friday: Oct 5, 6:00 - 7:30 pm, Pam

Sunday: Nov 4, 5 - 6:30 pm, Pam

### Yoga For Runners

Sunday, Sept 30, 1:00 - 3:00 pm, Pam

## Special Needs

Permission only

Wednesday: 10:45 - 12:15 pm, Sue

Yoga Space

180 Little Lake Dr #1

Ann Arbor, MI 48103

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