

Yoga Space

Spring 2019 April 22- June 22
9 weeks No class May 27, make up June 24



Fees

Go to www.yogaspacennarbor.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:	\$ 126
Continuing class:	\$ 180
Light on Life	\$ 10/each class
Restorative class:	\$ 25/each class
Using Props:	\$ 45

Credit

Or you may register online: www.yogaspacennarbor.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 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

Special Needs

Permission only

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

Focus Classes

Light on Life discussion with Sally

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

Using Props Sue

Saturday, May 18 3:00 - 5:30 pm

Restorative Pam

Sunday, June 2 5:00 - 6:30 pm

Yoga Space

180 Little Lake Dr #1

Ann Arbor, MI 48103

www.yogaspacennarbor.com