



the yoga studio

955 Cherry SE
Grand Rapids MI 49506

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For teacher bios,
class descriptions and
more information visit
www.gryoga.com or
call (616)776-0836

Early Spring 2010

The Yoga Studio, Grand Rapids' first, begins an 8 series of classes March 1 and is also offering 2 workshops, one for gardeners and one for runners. Established in 1979 by Carolyn Heines, the studio now employs 4 other teachers, Chris Smith, Kat McKinney, Deb Weiss-Gelmi and Sarah Weber.

All study in the Iyengar tradition of hatha yoga, known for its attention to alignment, and provide individualized instruction and a supportive environment in which students can enhance their well being.

Located in a historic building at 955 Cherry SE, the storefront studio features hardwood floors, tin ceiling, brick walls and lots of natural light.

You may register online with a credit card by visiting our website, www.gryoga.com or pay by check with the attached registration form.

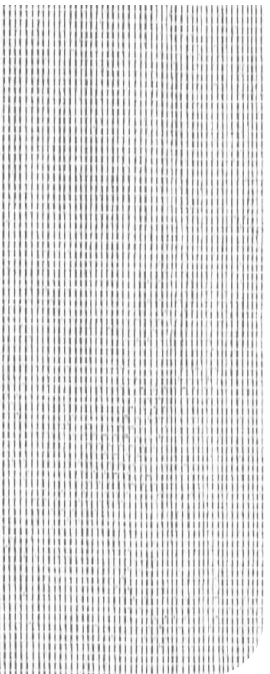
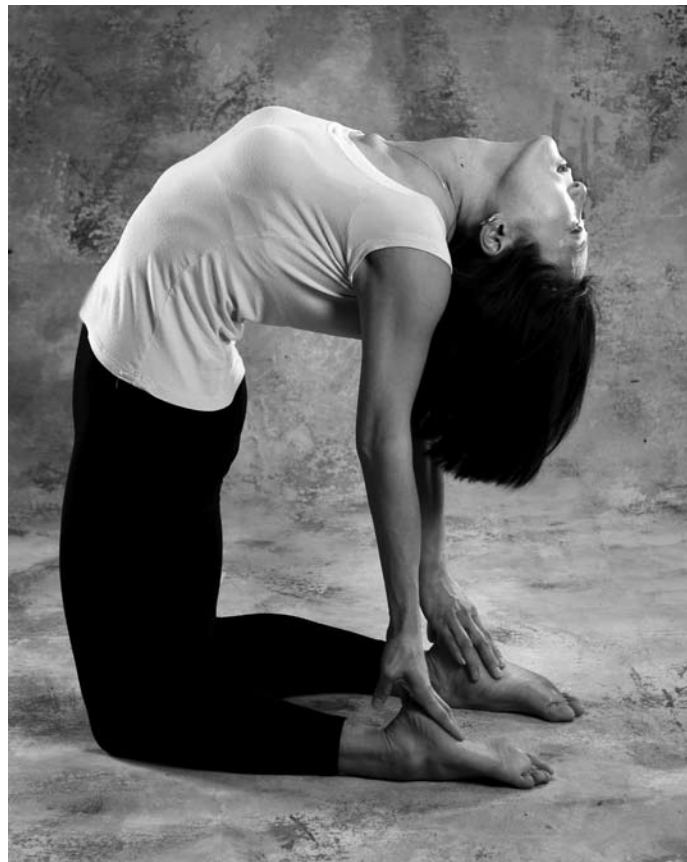
For teacher and class information visit www.gryoga.com or call (616)776-0836



the yoga studio

Early Spring 2010

With Carolyn Heines, Chris Smith,
Kat McKinney, Deb Weiss-Gelmi and
Sarah Weber



Sarah Weber
Yoga Studio teacher

Early Spring 2010 Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Level 1 9:30–11am <i>Sarah Weber</i>	Level 2 9:30–11am <i>Carolyn Heines</i>		Level 3 9:30–11am <i>Carolyn Heines</i>	Level 1-2 9–10am <i>Kat McKinney</i>	
	Gentle noon–1pm <i>Carolyn Heines</i>				
SingSong Yoga™ 4:30–5:15pm <i>Deb Weiss-Gelmi</i>					Mindfulness Meditation & Dharma Discussion 4:30–6pm
Level 3 5:30–7pm <i>Carolyn Heines</i>	Level 2 5:30–7pm <i>Carolyn Heines</i>	Level 1-2 5:30–7pm <i>Sarah Weber</i>	Level 1 5:30–7pm <i>Chris Smith</i>		
Level 1 7:15–8:45pm <i>Carolyn Heines</i>	Level 2 7:15–8:45pm <i>Chris Smith</i>	Level 1 7:15–8:45pm <i>Kat McKinney</i>	Level 1-2 7:15–8:45pm <i>Chris Smith</i>		

Yoga For Gardeners

with *Chris Smith*

Saturday, March 20

10:30am–12:30pm
\$25

Yoga provides the tools to prepare the body for gardening by promoting strength, flexibility and the ability to release tension.

Yoga For Runners

with *Sarah Weber*

Saturday, April 24

10:30am–12:30pm
\$25

This workshop will focus on areas of the lower body typically prone to tightness as a result of running, as well as address the benefit of core strength for a runner of any level.

Sing Song Yoga™ and you!

Enroll a child in Sing Song Yoga™ for kids and get 50% off your 8 week series of classes.

For teacher bios and class information visit www.gryoga.com or call (616)776-0836

<h4>Map</h4>	<h4>Cost</h4> <ul style="list-style-type: none"> Eight week series beginning March 1 \$85 1 Hour classes \$95 1½ Hour classes \$55 An hour for private instruction \$14 Drop-in fee 1½ hour class \$12 Drop-in fee 1 hour class 	<ul style="list-style-type: none"> \$49 Sing Song Yoga™ (7 weeks) 10% Discount for seniors 15% Discount for students 15% Discount for 2 classes a week Free Mindfulness Meditation, Dharma Discussion and monthly meditation instruction
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Register

Please return this form with a \$25 deposit to The Yoga Studio, 955 Cherry SE, Grand Rapids, MI 49506. The balance is due at the first class.

You will be contacted only if the class is full.

Name _____

Address _____

City _____ Zip _____

E-mail _____

Primary phone # _____

1st choice _____

2nd choice _____

Please include class day/time