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the yoga studio

955 Cherry SE
Grand Rapids MI 49506

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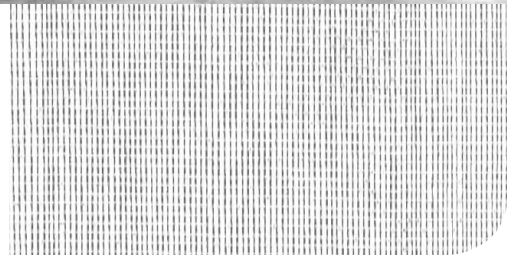
For teacher bios,
class descriptions and
more information visit
www.gryoga.com or
call (616)776-0836



the yoga studio

Summer 2010

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



*Kat McKinney
Yoga Studio teacher*

Summer 2010 Schedule July 12 – August 21

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

Summer 2010

Grand Rapids' first yoga studio is offering a six week session of classes from July 12–August 21, and we invite you to join us to explore the myriad benefits of classical hatha yoga. 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 the use of props to accommodate all students. Carolyn and Deb are taking a summer break and will return in the fall.

Located in a beautiful historic building at 955 Cherry SE in the East Hills

neighborhood, the storefront studio boasts hardwood floors, tin ceiling, brick walls and lots of natural light.

You may register and pay 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

Map	Cost
	<p>Six week series July 12-August 21</p> <p>\$65 1 Hour classes</p> <p>\$75 1½ Hour classes</p> <p>\$60 An hour for private instruction</p> <p>\$14 Drop-in fee 1½ hour class</p> <p>\$12 Drop-in fee 1 hour class</p>
	<p>10% Discount for seniors</p> <p>15% Discount for students</p> <p>15% Discount for 2 classes a week</p> <p>Free Mindfulness Meditation, Dharma Discussion and monthly meditation instruction</p>

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