



FEBRUARY 2018 Class Schedule & Fees

Mondays

9:00 - 10:30 AM **ALL LEVELS** with Terry
 11:00 - 12:30 PM **LEVELS 1 & 2** with Anna
 6:30 - 8:00 PM **LEVEL 1** with Anthony

Tuesdays

9:00 - 10:30 AM **YOGA WALL PLUS** with Linda
 10:45 - 12:15 PM **LEVEL 1** with Linda
 12:30 - 1:30 PM **SENIORS** with Pamela
 6:00 - 7:30 PM **LEVELS 1 & 2** with Anna

Wednesdays

9:30 - 11:00 AM **ALL LEVELS** with Pamela
 5:30 - 6:30 PM **T'ai Chi Chih** with Jeneth
 6:30 - 8:00 PM **LEVEL 1** with Anthony

Thursdays

9:00 - 10:30 AM **PRANAYAMA** with Jeneth
 10:45 - 12:15 PM **LEVEL 1** with Terry
 12:30 - 1:30 PM **SENIORS** with Terry
 6:00 - 7:30 **ALL LEVELS**
 Active+Passive+Pranayama with Anna

Fridays

9:00 - 10:30 AM **ALL LEVELS Morning Practice**
 Active+Passive+Pranayama with Pamela
 11:00 - 12:30 PM **LEVELS 2 & 3** with Anna
 6:00 - 7:30 PM **Restorative Community Class**
 with Sally \$5-\$10 "donation" or class pkg

Saturdays

9:00 - 10:30 **ALL LEVELS** with Anna
 11:00 - 12:30 **LEVEL 1** with Monica

Sundays

9:00 - 10:30 AM **Yang/Yin active + restorative** in one class with Mimi

YOGA Class Fees

\$18 Single Class
 \$50 - New students Beginners 4 Classes in 4 weeks
 \$110 - 10 Classes Within Three Months
 \$150 - 15 Classes Within Three Months
 \$160 - 10 Classes Within Six Months
 \$170 - Monthly Unlimited Yoga (30 Days)
 \$1350 - Twelve Months Unlimited Yoga (360 Days)

\$10 - Single Seniors Class

\$40 - 5 Seniors Classes

Note: Seniors' rates can be used for **Seniors' Class, T'ai Chi Chih & Community Restorative Class.**

T'AI CHI CHIH® Class Fees:

\$10 Single Class

\$64 - 8 Classes

or use your Seniors Package

WHAT LEVEL ARE YOU?

LEVEL 1- YOGA BASICS - **Beginners Welcome**

LEVELS 1 & 2 - BASICS AND MORE - **Beginners Welcome**

LEVEL 2 & 3 - more challenging, **min. 1 year experience**

ALL LEVELS = 1/2/3- work at your own pace

Other **ALL LEVELS** Yoga Classes include:

Restorative, Yoga Wall Plus Yang/Yin,

Active + Passive + Pranayama

T'ai Chi Chih® - - Beginners Welcome!!

No experience necessary! Come learn the practice!

19 movements and 1 pose. Can be done standing or seated.

Ventura Yoga Studio

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located behind the Von's Shopping Center located on
 Main Street between Ventura Avenue & N.Olive St.

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