

SEPTEMBER 2011

9/5, Studio Closed

9/10, Rasa-Lila Fest Yoga, Music,
Vendors, Food, & Fun
The Pines at Windermere, all day

FREE EVENTS:

9/2, Yoga Book Club, 6:30 p
9/1-9/30, 1 week free yoga*
visit www.yogamonth.org
9/25, Yoga in the Park, 4 p

DONATION EVENTS:

9/12, Peace Power Practice, 5:15 p
9/24, Global Mala, 9 a
9/30, 108 for Peace, 5:30 p
9/30, Yoga Happy Hour, 7 p

SERIES:

Mysore Ashtanga, Tues., 9/6-9/27
(by permission only)
Ballet, Mon., 9/12-10/3, \$60



| Mon | Tue | Wed | Thur | Fri | Sat |
|--|--|---|---|---|--|
| STUDIO CLOSED Labor Day, Sept. 5 | SERIES 6-8:30 a Mysore Ashtanga <i>Kellie</i> | 9-10:15 a Detox Flow <i>Amy</i> | 10-11 a Gentle Yoga <i>Deb</i> | | 9-10:15a All Levels Vinyasa <i>Kellie</i> |
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| SERIES 5-6 p Adult Beg. Ballet <i>Mandy</i> | | | | | Rasa Lila Fest, Sat, 9/10 in Windermere |
| 5:15-6:30p Power Flow <i>Kellie</i> | 5:15-6:30p All Levels Vinyasa <i>Kellie</i> | *NEW* 5-5:45 p Yogalates <i>Mandy</i> | 5:15-6:45p Int/Adv Vinyasa <i>Kellie</i> | 5:30-6:30p Candlelight Restorative Yoga <i>Kellie</i> | |
| 6:15-7:15p Restorative Yoga <i>Andie</i> | *NEW* 6:15-7:30 p Hot Yoga <i>Amy</i> | 6-7:15 p All Levels Vinyasa <i>Steve</i> | *NEW* 6-7 p Yoga Ba- sics <i>Steve</i> | | |



@JeweledLotus Jeweled Lotus Yoga JeweledLotusYoga.blogspot.com

@KellieYoga Kellie Adkins Yoga KellieAdkinsYoga.blogspot.com

1 week free yoga! Print coupon at
Yogamonth.org & bring in by 9/30

NEW CLASSES: Yoga Basics, Yogalates, Hot Yoga