



Fall Session

September 7 – November 3, 2018

85 North Main Street, Suite 240
White River Junction, VT
www.ahayoga.com

Visit our website to view full details and class descriptions. Check out our most up-to-date schedule, learn more about our offerings, teacher's bios and our studio.

In addition to ongoing classes, we offer workshops, private lessons.

Pricing Options

Fall Session – 8 Classes
\$112 (good 9/7-11/3)

5 Class Pass - \$80
(good for 10 weeks)

Drop-ins - \$16 for 1-hour classes, \$18 for others

NEW – AUTO-Renew*

AUTO-Renew-5 Class (\$75)
AUTO-Renew 10-Class (\$145)

Your class card renews every 2 months or when you use your last class, whichever comes first

*3 month commitment to enroll.

NEW STUDENT SPECIAL!
Explorer Pass –\$30 for Unlimited Classes (2 weeks)

Monday

9:00 -10:30 am	Iyengar - Level I & II	Kristin McGee
1:30 - 2:30 pm	Gentle Yoga	Kristin McGee
6:00 - 7:30 pm	Full Spectrum Yoga	Jessie Eisendrath

Tuesday

8:30 - 10:00 am	Kripalu - Moderate	Sue Kirincich
-----------------	--------------------	---------------

6:00 - 8:00 pm	West African Drumming	Sayon Camara
	\$15/class	
	To borrow a drum, call 802-779-4914	

Wednesday

8:30 - 10:00 am	Iyengar - Level I & II	Kerry Doyle
6:00 - 7:30 pm	Iyengar - Level II	Kristin McGee

Thursday

9:00 -10:30 am	Iyengar - Level I	Kristin McGee
5:30 - 6:00 pm	FREE - Yoga Philosophy Discussion	Kerry Doyle
6:00 - 7:15 pm	Iyengar - Level I	Kerry Doyle

Friday

8:30 - 10:00 am	Healthy Hips Yoga	Jessie Eisendrath
1:30 - 2:30 pm	Iyengar – Gentle+ Yoga	Kerry Doyle
5:30 – 7:00 pm	FREE Community Restorative - 9/21 & 10/19	AHA Teachers

Saturday

Check our website events & workshops!

Sunday

9:00 -10:30 am	Iyengar - Level II	Kerry Doyle
10:45 am - 12:15 pm	Structural Alignment Series* Yoga for Neck & Shoulders – Sept. 9-30th Center of Support –the Core Oct. 14-28th	Kerry Doyle

*Appropriate for all levels