



Late Fall/Early Winter November 4 – December 21, 2018

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

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
*3-Week Series - 11/6-11/20		
Morning -Time TBD	INTRO to Yoga - FREE	Laurie Gelb
*4-Week Series – 11/27 – 12/18		
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
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 Low Back & Hips Nov. 4, 18 & 25th	Kerry Doyle
	Holiday Season Restorative Yoga Dec. 2 & 16	*All levels

*Sunday classes will not meet 11/11 & 12/9 due to visiting teacher workshops

*Studio closed for Thanksgiving 11/22

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

Full Session – 7 Classes
\$98 (good 11/4-12/21)

3-Week Kripalu Series
\$48 (meets 11/6-11/20)

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 (\$140)

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

*Minimum commitment 2 renewals after initial purchase

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