

**HAVE YOU EVER THOUGHT ABOUT  
BECOMING A YOGA TEACHER? CHECK OUT  
THE STUDIO & WEBSITE FOR KUNDALINI  
TEACHER TRAINING IN FEBRUARY 2012!!!**



**GIVE YOGA MEMPHIS IS HONORED TO  
BE THE STUDIO OF THE MONTH FOR  
LULULEMON!!! WHAT DOES THIS MEAN  
FOR YOU? FLIP THIS OVER & FIND OUT!!!**

## Class Schedule - February 2012

### Monday

8:30 - 10:00am	Rosemarie	Mixed Levels	Power Vinyasa Flow
10:30 - 11:30am	Gary	Level 1	Foundations
5:45 - 7:15pm	Hannah	Mixed Levels	Kundalini & Meditation
7:30 - 8:45pm	Tegan	Level 1	Foundations of Flight

### Tuesday

10:30 - 11:45am	Gary	Mixed Levels	Vinyasa Flow
3:30 - 4:15pm	Olivia	Ages 4 - 9	Kid's Yoga (ages 4 -9)
5:45 - 7:00pm	Olivia	Level 1	Beginner Kundalini
7:30 - 8:45pm	Leslie	Level 1	Foundations

### Wednesday

7:00 - 8:30am	Daniel	Level 1	Healing Meditation***
10:30 - 11:45am	Olivia	Level 1	Foundations
12:00 - 1:00pm	Blayne	Level 1	Beginner Kundalini
5:45 - 7:15pm	Mimi	Mixed Levels	Vinyasa Flow

### Thursday

8:30 - 10:00am	Hannah	Mixed Levels	Kundalini & Meditation
10:30 - 11:45am	Mary Beth	Level 1	Foundations - Yin Style
12:00 - 1:15pm	Mary Beth	Level 2	Yoga For Strength
4:00 - 5:30pm	Daniel	Level 1	Healing Meditation***
5:45 - 7:00pm	Tegan	Level 2	Yogi's Flight
7:30 - 8:45pm	Adam	Level 1	Beginner Kundalini

### Friday

8:30 - 10:00am	Leslie	Level 2	Vinyasa Flow
10:30 - 11:45am	Leslie	Level 1	Foundations
12:00 - 1:15pm	Olivia	Mixed Levels	Kundalini & Meditation

### Saturday

9:00 - 10:30am	Hannah	Mixed Levels	Kundalini & Meditation
10:45 - 12:15pm	Mimi	Level 1	Foundations

**(ALL PUBLIC CLASSES ARE CANCELLED 2/25)**

### Sunday

10:00 - 11:30am	Hannah/Olivia	Mixed Levels	Kundalini & Meditation
<b>(MORNING CLASS IS CANCELLED 2/26)</b>			
3:00 - 4:30pm	Leslie	Level 1	Foundations
5:00 - 6:15pm	Olivia	Mixed Levels	Prenatal Yoga

**\*\*\*Weekly Series - Registration Required**

### Class Levels

#### Level 1

Instruction will emphasize primary standing, seated and supine poses. You will gain greater body awareness and begin developing strength and flexibility.

#### Level 2

Instruction will include a wider variety of poses, may move at a faster pace, and include longer holds of poses. Classes may include arm balances and inversions.

#### Mixed Levels

These classes are designed to accommodate a variety of experience levels in one class. Not suitable for new beginners.

### Class Rates

First Class -	\$10
Drop In -	\$15
5 Class Package -	\$60
10 Class Package -	\$100
20 Class Package -	\$190
Monthly Unlimited -	\$120
Yearly Unlimited -	\$1,200

### Aerial Yoga Rates

Drop in -	\$20
5 Class Package -	\$85
10 Class Package -	\$160

*\*(Please note that regular class cards may be used for Aerial Yoga classes. Two punches will be applied.)\**

#### Give What You Can -

This pricing option is available to everyone that needs it. Don't give up your yoga when times get tough, just give what you can. We want you here. This option does not apply to Aerial Yoga classes at this time.