



Shakti Yoga

SPRING 2024 CLASS SCHEDULE

See website for class changes and cancellations

Some classes are offered as online live streams...see website Class Schedule.

Classes are ongoing, unless otherwise indicated. You are welcome to join classes anytime.

<u>DAY & TIME</u>	<u>CLASS</u>	<u>TEACHER</u>
MONDAY 11:00 am-12:00 6:00-7:15 pm	Gentle Beginner Mixed level	Angela Jamie
TUESDAY 11:00-12:15 pm 5:00-6:15 pm	Mixed Level Mixed Level	Angela Jacki
WEDNESDAY 10:00-11:00 am 6:00-7:00 pm	Chair Yoga Beginner Level (5-weeks: 5/15-6/12)	Jacki Sheri, Paul, Cara
THURSDAY 11:00-12:15 pm	Mixed Level	Angela
FRIDAY 10:00-11:00 am 12:00-1:00	Beginner Level Pilates With a Ball (5 weeks: 5/3-5/31)	Jacki Jonette
SATURDAY 8:30-9:30 am 10:00-11:15 am	Mixed Level Mixed Level	Sara or Angela Jacki
SUNDAY 10:00-12:00	*Restorative Yoga & Meditation Workshops *Offered once a month (see website for dates)	Angela and Jacki

Payments: cash, check, or via PayPal on website- see Class Schedule page.

75-minute class fees: Drop-in: \$15 5 class card ...\$68 10 class card...\$130 *20 class card ...\$230

60-minute class fees: Drop-in: \$12 5 class card...\$50 10-class card...\$100 *20-class card...\$200

**Fill up your class card (after 20 classes) and receive a free class!*

New students... \$25 for 2 weeks unlimited classes.

College students: Unlimited classes for 1 semester...\$100 50% off all regular class card fees.

New students...\$25 for 2 weeks unlimited classes. Drop-in fee...\$8.

Private yoga classes... \$70 (1 hr. session); \$60 (2 or more sessions); see details on website.

Shakti Yoga is a Registered Yoga School with Yoga Alliance and YA certified teachers

Angela Caplan, Jacki McCausland, Jamie Roche, Sara Kelly, Sheri Kreher, Jonette Lancos

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Breathe easy and trust the wisdom of your heart.

