



# fall schedule

oct/nov/dec

## CLASSES

ONGOING IN BROWN. SERIES IN PINK W/PRE-REGISTRATION REQUIRED

### MONDAY

7-8:15 am	yin yoga (11/1-11/19)	todd
6:30-8 am	yoga immersion (11/29-12/3)	todd
12:30-2 pm	easy does it	louise l
5:30-7 pm	gentle stretch	vittoria
7:30-9 pm	creating change (11/1-11/22)	dagmar

### TUESDAY

6:30-8 am	blisyoga	todd
6:30-8 am	yoga immersion (11/29-12/3)	todd
9-10:30 am	blisyoga	todd
6-7:20 pm	free range yoga/community class	staff

### WEDNESDAY

7-8:15 am	yin yoga (11/1-11/19)	todd
6:30-8 am	yoga immersion (11/29-12/3)	todd
12:30-2 pm	easy does it	cass
5:30-7 pm	yoga flow	adriana
7:15-9 pm	yin yoga	todd

### THURSDAY

6:30-8 am	blisyoga	todd
6:30-8 am	yoga immersion (11/29-12/3)	todd
9-10:30 am	blisyoga	todd
11-12:30 pm	free range yoga/community class	louise b
6-7:20 pm	intro to free range yoga	louise b
7:30-8:45 pm	blissful bellydance (9/30-10/21)	adriana

### FRIDAY

7-8:15 am	yin yoga (11/1-11/19)	todd
6:30-8 am	yoga immersion (11/29-12/3)	todd
12:30-2 pm	restore & renew	louise l
6:30-7:45 pm	yin yoga	emily

### SATURDAY

8-9:30 am	back om	todd
10-11:30 am	prenatal yoga	adriana
12-1:15 pm	postnatal yoga (no class 10/23)	adriana

### SUNDAY

10-11:45 am	blisyoga/by donation	todd
5-6:30 pm	deep stretch (no class 10/24)	vittoria

## EVENTS + SPECIAL CLASSES

EVEN MORE ONLINE

**yoga immersion (m/t/w/th/f.....)** \$50-\$75 sliding scale  
pre-registration  
nov 29-dec 3 (no drop ins please)

**blissful birth bellydance.....** \$25 if paid 7 days prior, \$30 after  
*bellydance for pregnant mamas! free yourself and have fun!*  
oct 3, nov 7, dec 5 (sun) 1-3 pm. pre-registration recommended

**contemplative dance.....** \$25 if paid 7 days prior, \$30 after  
*cultivates somatic awareness in both stillness and movement. all welcome*  
oct 17, nov 21, dec 19 (sun) 12:30-2:30 pm pre-reg recommended

**entering the mystery, entering the dark.....** \$45  
*yin yoga, astrology & writing workshop with emily. all welcome*  
oct 23 (sat) 1-5 pm pre-reg required

**om base second anniversary party.....** FREE  
*come celebrate with us! live music, bellydance show, cake, community.*  
oct 24 (sun) 3-7 pm

**shamanic sound healing.....** \$25 by 12/12, \$30 after  
*shamanic gathering as a gateway to transformation and awareness*  
dec 19 (sun) 6:30-8:30 pm

## FOR NEW STUDENTS

MORE DETAILS

**most of our classes are appropriate for beginners to yoga.** if you have mobility challenges or need a particularly gentle class, try the 'easy does it' on mon or wed. if you aren't sure call us and we'll direct you to the class that is most suited for you.

**INTRODUCTORY PACKAGE** for new students

if you are new to our studio, try our intro package to see what works best for you. **one week unlimited yoga: \$20**

## RATES

FOR ONGOING CLASSES

**drop in .....** \$14  
**community class .....** \$6-\$10

**5 classes. 4 month expiration\*\* .....** \$60

**10 classes. 6 month expiration\*\* .....** \$111

**20 classes. 12 months expiration\*\* .....** \$200

**a month of om.....** \$108

**a year of om.....** \$1188

**events/series/special classes .....** priced per event/see website

Note: if you walk, bike, take the bus to class, you get your 11th class free!

\*\*one class 'charged' for each month card is extended past exp. date.