

UNLIMITED YOGA

\$89 per month

Special price of \$89 per month for unlimited classes in any calendar month. Valid from the first of month & expires on last day of the month.

New Unlimited Basics*

2 weeks - \$29

7 'basic' or 'basic plus' classes per week

(classes indicated with * on schedule)

Session 1: Jan. 1-15

Session 2: Jan. 16-31

This special package is perfect for you if you are:

- New to yoga
- Wishing to refine your alignment & technique
- Ready to cultivate consistency in your practice



585 Tahoe Keys Blvd.
(In the Tahoe Keys Village)

530.543.1400

Winter 2008/09 Schedule

MONDAY

- 5:30 - 6:45 pm Power Vinyasa Yoga
- Amrito
7:00 - 8:00 pm Basic Yoga* - Amrito

TUESDAY

- 8:00 - 9:15 am Ashtanga - Follow
the Yogi - Dave
9:30 - 10:45 am Basic-Plus Yoga* - Staff
12:00 - 1:15 pm Power Vinyasa Yoga
- Alli
5:30 - 6:45 pm Power Vinyasa Yoga
- Lorilyn
7:00 - 8:15 pm Tibetan Heart Yoga
- Scott

WEDNESDAY

- 8:00 - 9:15 am Basic Yoga* - Kris
9:30 - 11:00 am Tibetan Heart Yoga
- Brandy
5:30 - 6:45 pm Power Vinyasa Yoga
- Amrito
7:00 - 8:00 pm Basic Yoga* - Amrito

THURSDAY

- 9:30 - 10:45 am Basic Yoga* - Staff
12:00 - 1:15 pm Power Vinyasa
Yoga - Alli
5:30 - 6:45 pm Power Vinyasa
Yoga - Lorilyn
7:00 - 8:15 pm Tibetan Heart Yoga
- Scott

FRIDAY

- 8:00 - 9:15 am Ashtanga - Follow
the Yogi - Dave
5:30 - 6:45 pm Power Vinyasa Yoga
- Alli

SATURDAY

- 8:00 - 9:15 am Basic Yoga* - Staff
9:30 - 10:45 am Power Vinyasa Yoga
- Lorilyn

SUNDAY

- 9:30 - 10:45 am Basic Plus Yoga* - David

Beginners Always Welcome!

\$12 Drop-in

5-Class Punch Card \$55

(valid for 1 month)

10-Class Punch Card \$100

(valid for 2 months)

Unlimited Classes \$89

(valid for 1 month)

www.mountain-yoga.com