

LEWISBURG
Yoga
Center



David Swenson
ASHTANGA YOGA
WEEKEND WORKSHOP
Nov 11-13, 2011
REGISTER ONLINE

CLASS SCHEDULE

Mon

4:30 - 5:45 PM
6:00 - 7:15 PM

Yoga for Beginners
Vinyasa Flow

Tue

12:00 - 1:30 PM
5:15 - 6:15 PM
6:30 - 7:30 PM

Ashtanga Yoga Primary Series
Tai Chi*
Yoga

Wed

4:30 - 5:45 PM
6:00 - 7:30 PM

Yoga for Beginners
Ashtanga Yoga

Thu

12:00 - 1:15 PM
5:30 - 6:45 PM

Improv Yoga
Vinyasa Flow

Fri

12:00 - 1:15 PM
1:30 - 2:45 PM

Improv Yoga
Yoga for Beginners

Sat

9:00 - 10:30 PM

Tai Chi*

Sun

2:00 - 3:15 PM

Community Yoga by Donation

Contact Vera to attend Tai Chi classes: 304-647-5176.

*Taught by independent teachers. Different class rates apply.
LYC class passes and special promotions are not valid for
independent classes. No drop-ins for Tai Chi.

Please refer to our Website for schedule changes.

128 W. WASHINGTON ST. · THIRD FLOOR
DOWNTOWN LEWISBURG

304-645-8064

www.lewisburgyogacenter.com