

Fall Schedule

M	6:30-8:45a Mysore			5-6p Beyond Yoga	6:15-7:30p Basics
T	6:30-8:45a Mysore	9-10:15a Gentle	10:30-11:30p Mommy/ Baby	5-6p Basics	6:15-7:30p Vinyasa
W	6:30-8:45a Mysore	9-10:15a Basics	12-1p Lunch Yoga	5:30-6:30p Youth	6:35-7:35p Richard
Th	6:30-8:45a Mysore	9-10:15a Beyond Basics		5:30-6:45p Open	7-8p Meldey
F	6:30-8:45a Mysore	9:30-10:30a Mom's		5-6:15p Journey to Bliss (11/4; 12/2)	7-9:15p Dances of Peace (9/23; 10/28; 12/2; 12/30)
Sat		9:00-10:15a Vinyasa	11:30-12:30p Intro to Basics	1-4p Mandala (10/22)	7-8:30p Ballroom Workshop (9/24; 11/19)
Sun	6:30-8:45a Mysore	9:30-10:30a Sari Sanctuary (9/18 - 10/2)		5:15-6:15p Prana Walking (9/18 - 10/2)	

Basics: Build a solid foundation for yoga practice.

Beyond Basics: For those who have completed Basics; become comfortable and proficient at various routines.

Beyond Yoga: Explore the philosophical tools, both mental and physical, used throughout the ages.

Gentle: Slow and easy; addressing any limitations due to injury, disability, etc. *No experience necessary.*

Intro to Basics: Find out if a session of Yoga Basics is the right class for you. *Free to the public.*

Lunch Hour Yoga: Take your lunch hour to rejuvenate and energize.

Medley: A different style of yoga each month.

Mommy & Baby: 10 weeks to crawling. Bring baby's blanket; childcare available for siblings.

Mom's: Join a group of moms and share childcare right at our lovely studio.

Mysore: Experienced teacher present... Practice on your own anytime during the scheduled time.

Open: Suited to students attending.

Prana Walking: "Flex, Spread, Splay, Grip" --awaken the feet, awaken the spine, awaken the soul!

Vinyasa: Linking movement to breath for deep states of awareness and calm.

Youth: A yoga start for young people.

www.yoga.mobi * www.makeitsoyoga.com * 782-9511

NO PRE-REGISTRATION REQUIRED

Any 25 classes: \$125 South Kingstown Residents/
\$135 Non-Residents

Any 12 classes: \$72R/\$80NR

Any 6 classes: \$42R/\$49NR

Drop In: \$10

Or Unlimited for any 6-week period: \$100R/\$110NR