



January 2012 Schedule

Please arrive ten minutes prior to listed class time.
 Mats and all necessary props are provided by the studio.
 First class is free!

\$15 walk-in
 \$72 for 6 classes
 \$105 for 10 classes
 \$135 for 15 classes*
 *(6 week expiration)

Seniors (55+):
 \$66 for 6 classes
 \$100 for 10 classes

Students:
 \$10 walk-in
 \$54 for 6 classes
 \$70 for 10 classes

Class blocks have a 6 month expiration unless otherwise noted. Classes from expired blocks will carry over if a new block is purchased.

We offer Alexander Technique!
 Contact Solaluna for more details.

Schedule updated
 1/3/12

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>morning</i>			Eric 9:30-11:00 am multi-level yoga	Audrey 10:00-11:30 am gentle beginner's	Nikki 9:30-11:00 am multi-level yoga	Audrey 10:00-11:30 am gentle beginner's	Nikki 8:00-9:30 am multi-level yoga
<i>evening</i>	Chelsea 4:00-5:15 pm yoga for inflexible bodies	Megan 5:30-7:00 pm gentle yoga and Qigong	Eric 5:15-6:30 pm yoga FUNdamentals	Rob 5:30-6:45 pm fire walk vinyasa	Eric 6:30-8:30 pm experienced	Audrey 6:00-7:00 pm rest & yoga nidra (donation)	Rob 4:00-5:15 pm fire walk vinyasa
		Aidan 8:30-9:30 pm metta meditation (donation)		Eric 7:30-9:00 pm multi-level yoga			
					Chelsea 9:00-10:15 pm restorative yoga		

Find us at: 
 40 1/2 S. Main St. #2, Oberlin
 (440) 774-YOGA
www.solaluna.com
 and on Facebook.