



# Late Winter 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  
 2/1/12

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>morning</i>		<i>Chelsea</i> 8:30-9:45 am <i>wake-up</i> <i>simple yoga</i> <i>multi-level</i>	<i>Eric</i> 9:30-11:00 am <i>simple yoga</i> <i>multi-level</i>	<i>Chelsea</i> 8:30-9:45 am <i>wake-up</i> <i>simple yoga</i> <i>multi-level</i>		<i>Nikki</i> 9:30-11:00 am <i>multi-level yoga</i>	<i>Nikki</i> 8:00-9:30 am <i>multi-level yoga</i>
	<i>Chelsea</i> 10:00-11:30 am <i>simple yoga</i> <i>multi-level</i>	<i>Audrey</i> 10:00-11:30 am <i>gentle beginner's</i>		<i>Audrey</i> 10:00-11:30 am <i>gentle beginner's</i>		<i>Audrey</i> 10:00-11:30 am <i>gentle beginner's</i>	<i>Eric</i> 11:00-12:20 pm <i>simple yoga</i> <i>FUNDamentals</i>
<i>evening</i>	<i>Hannah</i> 4:00-5:15 pm <i>vinyasa yoga</i>	<i>Megan</i> 5:30-7:00 pm <i>gentle yoga and</i> <i>Qigong</i>	<i>Eric</i> 5:15-6:30 pm <i>simple yoga</i> <i>FUNDamentals</i>	<i>Rob</i> 5:30-6:45 pm <i>fire walk</i> <i>vinyasa</i>	<i>Samantha</i> 5:00-6:00 pm <i>Feldenkrais*</i>	<i>Audrey</i> 6:00-7:00 pm <i>rest &amp;</i> <i>yoga nidra</i> <i>(donation)</i>	<i>Rob</i> 4:00-5:15 pm <i>fire walk</i> <i>vinyasa</i>
		<i>Karen</i> 7:30-9:00 pm <i>5-Rhythms</i>		<i>Eric</i> 7:30-9:00 pm <i>simple yoga</i> <i>multi-level</i>			
		<i>Aidan</i> 8:30-9:30 pm <i>metta</i> <i>meditation</i> <i>(donation)</i>					

\* 6-week series starts 2/9. Drop-in possible.

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