

We now offer acupuncture and Alexander Technique in our newly expanded space! Contact Solaluna for more details.

# Solaluna

Center for Yoga & Movement

## Spring 2010 Schedule

www.solaluna.com

40 1/2 S. Main St. #2, Oberlin

(440) 774-YOGA

(Please Arrive Ten Minutes Prior to Listed Class Time)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1<sup>st</sup> class is free                      \$13 walk-in                      \$66 for 6 classes                      \$95 for 10 classes                      \$120 for 15 classes<sup>o</sup>  <sup>o</sup>(6 week expiration)</p> <p>seniors (55+)                      \$60 for 6 classes                      \$90 for 10 classes</p> <p>students:                      \$48 for 6 classes                      \$60 for 10 classes</p> <p>Class blocks have a 6 month expiration unless otherwise noted. Classes from expired blocks will carry over if a new block is purchased.</p> <p>(schedule updated: 2/08/10)</p>	<p>Audrey                      10:00-11:30am                      gentle beginners</p> <p>Maureen                      5:30-7:00pm                      multi-level yoga</p>	<p>Eric                      9:30-11:00am                      multi-level yoga</p> <p>Eric                      5:15-6:30 pm                      yoga fundamentals</p> <p>Doris                      7:00-8:15pm                      power yoga fundamentals</p> <p>Aidan                      8:30-9:30pm                      metta meditation (donation)</p>	<p>Kazim                      5:30-7:00pm                      multi-level vinyasa</p> <p>Eric                      7:30-9:00pm                      multi-level yoga</p>	<p>Nikki*                      7:00-8:15am                      back-care</p> <p>Maureen                      9:30-11:00am                      multi-level yoga</p> <p>Doris                      5:00-6:15pm                      power yoga</p> <p>Eric<sup>∞</sup>                      6:30-8:30pm                      experienced intensive</p>	<p>Audrey                      10:00-11:30am                      gentle beginners</p> <p>Audrey                      6:00-7:00 pm                      rest &amp; yoga nidra (donation)</p>	<p>Maureen                      8:30-10:00am                      multi-level yoga</p> <p>Eric                      11:00-12:15pm                      yoga fundamentals</p>	<p>Chelsea                      10:00-11:15am                      beginners' yoga</p>



\*Starts February 11. Six week series.

<sup>∞</sup> Thursday class part of teacher training. Those not enrolled in training are welcome to join. Cost: \$12 with class card, \$15 walk-in