

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

Solaluna

Center for Yoga & Movement

Fall 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
1 st class is free \$13 walk-in \$66 for 6 classes \$95 for 10 classes \$120 for 15 classes* °(6 week expiration)						Maureen 8:30-10:00am multi-level yoga	
seniors (55+) \$60 for 6 classes \$90 for 10 classes	Audrey 10:00-11:30am gentle beginners	Eric 9:30-11:00am multi-level yoga		Maureen 9:30-11:00am multi-level yoga	Audrey 10:00-11:30am gentle beginners	Eric 11:00-12:15pm yoga FUNdamentals	Chelsea 10:00-11:15am multi-level yoga
students: \$48 for 6 classes \$60 for 10 classes							*Chelsea 1:30-2:45 beginners' yoga
Class blocks have a 6 month expiration unless otherwise noted. Classes from expired blocks will carry over if a new block is purchased.		Eric 5:15-6:30 pm yoga FUNdamentals					**Nikki 3:00-4:00 family yoga
(schedule updated: 8/31/10)	Maureen 5:30-7:00pm multi-level yoga	Doris 7:00-8:15 power vinyasa yoga	Eric 7:30-9:00pm multi-level yoga	Eric 6:30-8:30 experienced intensive	Audrey 6:00-7:00 pm rest & yoga nidra (donation)		
		Aidan 8:30-9:30pm metta meditation (donation)					

*9 week series, starts Sunday, Sept 12 (1st class is free)

**Starts Sunday, September 19 - ongoing

