

sohum YOGA

Online at: www.sohumyoga.com

Class Schedule: April thru May, 2012

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>	<i>Saturdays</i>	<i>Sundays</i>
am classes	am classes	am classes	am classes	am classes	am classes	am classes
<i>Maia / Jessie</i> Vinyasa Level 1-3 10 - 11:30 am	<i>Cheryl</i> Beginning Yoga Level 1 8:30 - 10 am <i>Hanuman</i> Svaroopaa style. Level 1 10:30 - 12 pm	<i>Gayna</i> Pre-natal Yoga 10:30 am -12 pm	<i>Maia / Jessie</i> Vinyasa Level 1-3 10 - 11:30 am	<i>Ashtanga Yoga</i> Level 2 - 3 8:30 - 10 am <i>Tonya</i> Kundalini Yoga All Levels 12pm - 1:30 pm	<i>Dawn</i> Intermediate Yoga Level 2 - 3 10 - 11:45 am	<i>Cheryl</i> Beginning Yoga Level 1 10 - 11:30 am
pm classes	pm classes	pm classes	pm classes	pm classes	pm classes	pm classes
<i>Rosada</i> Multi Level Yoga Level 1-2 5:30 - 7 pm	<i>Gayna</i> Multi Level Yoga Level 1-2 5:30 - 7 pm	<i>Douglas</i> Simple Yoga Level 1-3 6:30 - 7:30 pm	<i>Gayna</i> Multi Level Yoga Level 1-2 5:30 - 7 pm	<i>Douglas</i> Simple Yoga Level 1-3 6:30 - 7:30 pm		<i>Destiny</i> Beginning Silks Level 1 2 - 3:45 pm <i>Destiny</i> Silks & Conditioning Level 2 4 - 6 pm

The sohum Yoga Center is located at the
Meadows Business Park
Bldg. 1150 Unit 5

For further information call:
Gayna at 923-9363



Level 1 - Gentle Beginning
Level 2 - Intermediate
Level 3 - Advanced



-Please wear comfortable clothing
-Bring your own yoga mat if you have one
-Come with an empty stomach & an open mind

Special Notes:

"NO YOGA, NO PEACE.
KNOW YOGA, KNOW PEACE."

We have lots of great teachers -
a wonderful variety of classes!

Come see for yourSelf!

