

brighten your day. lighten your soul. energize your body.



All classes are drop-in, unless noted. Now offering 2 studios at our main location, plus satellite locations, our schedule is ever expanding, please contact us for more details!

**WWW.SOLYOGA.ORG / 877.SOL.YOGA**

SUMMER 2008 SCHEDULE- ALWAYS CHECK WEB FOR CURRENT SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
GENTLE FLOW 10:00-11:15a		\$10 YOGA ROCK & FLOW 6-7:00am (ALL LEVELS)		FLOW YOGA LEVEL 1-2 9:15-10:30am	FLOW YOGA LEVEL 2-3 9:15-10:30am	HOT VINYASA 9:15-10:30a
Classes in Bold Outline held in OFF SITE locations. See web.		FLOW YOGA 9:15-10:30am (ALL LEVELS)				GOOD CAUSE YOGA 10:45-12PM (GENTLE FLOW)
	\$10 LUNCH YOGA 12:00-1:00PM (GENTLE FLOW)	\$10 LUNCH YOGA 12:00-1:00PM (LEVEL 1-2)		\$10 LUNCH YOGA 12:00-1:00PM (LEVEL 1-2)	SEE WEBSITE FOR WORKSHOPS	
			EVENING			
GENTLE FLOW YOGA 5:30-6:45p	EXTRA GENTLE 5:15-6:30p	PRENATAL/ GENTLE YOGA 5:30-6:45		\$5 EARLY FRIDAY 4:30-5:45p (GENTLE FLOW)		SUN SAL SUNDAY 4:30-5:45pm (ALL LEVELS)
	<b>NEW MARKET GENTLE FLOW 6-7:15p</b>		FLOW YOGA LEVEL 1-2 5:30-6:45PM	\$5 FRIDAY (FLOW 1-2) 6-7:15p		
FLOW YOGA 2-3 7-8:15pm	FLOW YOGA LEVEL 1-2 6:45-8pm	VINYASA FLOW 7-8:30pm	EXTRA GENTLE 7-8:15pm	<b>NEW MARKET FLOW LVL 1-2 6-7:15PM</b>		

First time to SY? Find a GENTLE or LEVEL 1-2 that fits your schedule & just drop in!

WHAT LEVEL IS RIGHT FOR YOU? We offer levels for all abilities. For more info, visit us online.

VERY EASY.....MODERATE.....CHALLENGING

EXTRA GENTLE YOGA    GENTLE FLOW YOGA    FLOW YOGA Level 1-2    FLOW YOGA Level 2-3    HOT YOGA    VINYASA FLOW YOGA

NO EXPERIENCE NEEDED.....SOME.....MORE EXPERIENCE

\$5 Friday Evening  
\$10 Early AM & Lunch Yoga  
1 Regular Class  
Starter Kit (3 classes & mat)  
Flexi-Class Pass (any 10 classes in 4 mo)  
Other Rates & Memberships Available

\$5  
\$10  
\$15  
\$59  
\$125



Main studio classes: 256 West Patrick Street #4. Enter through the front door and proceed up stairs to top floor. Parking is available on the street or behind the building for evening classes only. Bathroom & changing area available.