

Yoga with Dana

Fall/Winter 2010

September 2010

October 2010

Sun	Mon 10:30am	Tue 6:30pm	Wed	Thu	Fri	Sat 10 am	Sun	Mon 10:30am	Tue 6:30pm	Wed	Thu	Fri	Sat 10 am
			1	2	3	4 γ						1	2 Δ
5	6 Δ↓	7 Δ	8	9	10	11 γ	3	4 Δ	5 Δ	6	7	8	9Δ
12	13 Δ	14Δ	15	16	17	18 Δ	10	11Δ	12 Δ	13	14	15*	16γ*
19	20 Δ	21Δ	22	23	24	25Δ	17*	18 γ	19 Δ	20	21	22	23 Δ
26	27 Δ	28Δ	29	30			24	25 Δ	26 Δ	27	28	29	30Δ↑

November 2010

December 2010

Sun	Mon 10:30am	Tue 6:30pm	Wed	Thu	Fri	Sat 10 am	Sun	Mon 10:30am	Tue 6:30pm	Wed	Thu	Fri	Sat 10 am
31	1 Δ↓	2 Δ	3	4	5*	6 Δ				1	2	3	4 Δ*
7	8 Δ	9 γ	10	11	12	13Δ	5	6 Δ	7Δ	8	9	10	11 γ
14	15 Δ	16 Δ	17	18	19	20Δ	12	13 γ	14Δ	15	16	17	18Δ
21	22 Δ	23 Δ	24	25	26	27 Δ	19	20 Δ	21 Δ	22	23	24	25 γ
28	29 Δ	30 Δ					26	27 Δ	28Δ↑	29	30	31	

↓ - start sessions; ↑ - end sessions; Δ - class; * - special event
 γ - no class (Sept 4th, 11th and Oct 16th, 18th and Nov 9th and Dec 11th, 13th, 25th)



1st Sessions

Monday sessions (10:30am):
 Sept 6th – Oct 25th → 7 wks.
 Tuesday sessions (6:30pm):
 Sept 7th – Oct 26th → 8 wks.
 Saturday sessions (10am):
 Sept 18th – Oct 30th → 6 wks.

2nd Sessions

Monday sessions (10:30am):
 Nov 1st – Dec 27th → 8 wks.
 Tuesday sessions (6:30pm):
 Nov 2nd – Dec 28th → 8 wks.
 Saturday sessions (10am):
 Nov 6th – Dec 18th → 6 wks.

Cost:

One class a week = \$10 per class; Two classes a week = \$7.50 per class;
 Drop in = \$11 (welcome anytime)

*** Special Events ***

October 15th – 17th Camp Ya Ya
 November 5th – Shrines to Self
 December 4th – Moving into Joy

Make ups can be made anytime during these sessions
 More information at (316) 945-8188 or
 e-mail: dananriffel@sbcglobal.net

