

Yoga with Dana Winter/Spring 2011

January 2011							February 2011						
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*	30	31 Δ	1 Δ	2	3	4	5 Δ
2	3 Δ↓	4 Δ	5	6	7	8 Δ	6	7 Δ	8 Δ	9	10	11	12Δ
9	10 Δ	11Δ	12	13	14	15 Δ	13	14Δ	15 Δ	16	17	18	19 Δ
16	17 Δ	18Δ	19	20	21	22Δ	20	21 Δ	22 Δ	23	24	25	26 Δ
23*	24 Δ	25Δ	26	27	28	29Δ	27	28Δ↑					

March 2011							April 2011						
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 Δ↓	2	3	4	5 Δ						1	2 Δ
6	7 Δ	8 Δ	9	10	11	12Δ	3	4 Δ	5 Δ	6	7	8	9 Δ
13	14 Δ	15 Δ	16	17	18	19 γ	10	11 Δ	12Δ	13	14	15	16 Δ
20	21 γ	22 γ	23	24	25	26 γ	17	18 Δ	19 Δ	20	21	22	23 Δ
27	28 Δ	29 Δ	30	31			24	25 Δ	26Δ	27	28	29	30Δ↑

↓ - start sessions; ↑ - end sessions; Δ - class
 γ - no class (January 1st and March 19th, 21st, 22nd, 26th) ; * - special event



1st Sessions

Monday sessions (10:30am):
 Jan 3rd – Feb 28th → 9 wks.
 Tuesday sessions (6:30pm):
 Jan 4th – Feb 22nd → 8 wks.
 Saturday sessions (10am):
 Jan 8th – Feb 26th → 8 wks.

2nd Sessions

Monday sessions (10:30am):
 March 5th – April 25th → 7 wk□.
 Tuesday sessions (6:30pm):
 March 1st – April 26th → 8 wks.
 Saturday sessions (10am):
 March 5th – April 30th → 7 wks.

Cost:

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

*** Special Events ***

January 1st New Years Day Class 1:30 PM – 3:30 PM; cost \$15
 January 23rd IAM Meditation with Kajivalya Rupe
 To be announced: Shrines to Self

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