



the **Z**enter
body mind spirit



JAN - FEB 2018 YOGA SCHEDULE

Tuesday Morning 10:30 – 11:45
Levels 1, 2 and 3
Jan 2,9,16, 23, 30 Feb 6,13,20, 27
9 sessions for \$112.50

Thursday Morning 8:30-10:00
Levels 2 and 3
Jan 4, 11, 18, 25 Feb 1, 8, 15, 22
8 sessions \$100.00

Tuesday Evening 7:30-9:00
Levels 1, 2, and 3
Jan 2,9,16,23, 30 Feb 6, 13, 20, 27
9 sessions \$112.50

Thursday Evening 7:30-9:00
Levels 2 and 3
Jan 4, 11, 18, 25 Feb 1, 8, 15, 22
8 sessions \$100.00

Effortless Effort Workshops

January 27 10:00 a.m. to 12:00 p.m.
February 17 10:00 a.m. to 12:00 p.m.

Level 1

-Beginners

--Having had none or little yoga experience

Level 2

-Advanced beginners

--Having had at least six months of Iyengar yoga experience

Yoga at The Zenter
501 Tanner Street
Carrollton, GA 30117
770-836-1205
www.thezenter.net

Space is limited. Those signed up for the series have first choice to the space.
Maximum is 14 students per class

Level 3

Intermediate requirements: ability to do:

--Headstand

--Shoulderstand

--Backbend/wheel (Urdhva Danurasana)