



the **Z**enter
body mind spirit



JULY - AUGUST 2017 YOGA SCHEDULE

Tuesday Morning 10:30 – 11:45
Levels 1, 2 and 3
July 11, August 1, 8, 15, 22, 29
6 sessions for \$75.00

Tuesday Evening 7:30-9:00
Levels 1, 2, and 3
July 11, August 1, 8, 15, 22, 29
6 sessions \$75.00

Thursday Morning 8:30-10:00
Levels 2 and 3
July 6, 27 Aug 3, 10, 17, 24, 31
7 sessions \$87.50

Thursday Evening 7:30-9:00
Levels 2 and 3
July 6, 27 Aug 3, 10, 17, 24, 31
7 sessions \$87.50

Effortless Effort Workshop dates
July 8 and August 19

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)