



the Zenter
body mind spirit



MAY - JUNE 2017 YOGA SCHEDULE

Tuesday Morning 10:30 – 11:45

Levels 1, 2 and 3

May 2, 9, 16, 23, 30 June 6, 13, 20, 27

9 sessions for \$112.50

Tuesday Evening 7:30-9:00

Levels 1, 2, and 3

May 2, 9, 16, 23, 30 June 6, 13, 20, 27

9 sessions \$112.50

Thursday Morning 8:30-10:00

Levels 2 and 3

May 4, 11, 18, 25 June 1, 8, 15, 22, 29

9 sessions \$112.50

Thursday Evening 7:30-9:00

Levels 2 and 3

May 4, 11, 18, 25 June 1, 8, 15, 22, 29

9 sessions \$112.50

Effortless Effort Workshop date are May 15 and June 10. Contact for available times.

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)