



Getting back in balance

Fall Yoga Schedule 2009

Yoga with Maura

Please Join Us For Another Season of Yoga!

This year inspiration will come from many places: New teachers that I will study with in September, Nature, What's happening in the world and most importantly, What's happening with you. . .

** I have added a **new class** on this schedule. A lunchtime class on Tuesday's that is optional. Please select from either the **Classic** yoga series or the new **Yoga Plus** option which includes the Tuesday class.

Class Dates: Please Mark your calendars!

Monday	**Tuesday	Thursday
Sept. 28	29	Oct. 1
Oct. 5	6	8
Oct. 12	13	15
Oct. 19	20	XX
Oct. 26	27	29
Nov. 9	10	12
Nov. 16	17	19
Nov. 30		

Classic: 14 Classes - Tuition \$215.00 (Monday's and Thursday's **either** the am or pm class)

Yoga Plus: 21 Classes - Tuition \$315.00 (Monday's and Thursday's **either** am or pm and **Tuesday's at 12:00pm) 3 Classes per week

When: Series begins September 28th and ends on November 30, 2009 (Check schedule for days I am out of town)

Where: Maura's Home Studio - 15 Tourmaline Trail

Time: Monday's and Thursday's 8:30 - 9:45am or 4:00 - 5:15pm; **Tuesday's 12:00 - 1:15pm

Registration: Please mail your tuition to hold your space in the class. Maximum 8 students.

Maura Mark .15 Tourmaline Trail. 86336

If you are a new student, please call or email for a registration form. 928-203-9430

Website: www.yogawithmaura.com Check out 2 upcoming workshops in October & November

New email: maura@esedona.net