

# WINTER CLASS SCHEDULE 2010

## ONGOING CLASSES

### MON

9:30-11am MARSHA 1-3 YOGA  
4:15-5:45pm HERB 1-3 YOGA  
6-7:30pm HERB 1 YOGA

### TUE

9:30-11am HERB 1-2 YOGA  
4:15-5:45pm PATSY/LORI 1-3 YOGA CORE FLOW  
6-7:30pm LORI YIN YOGA

### WED

9:30-11am MARSHA 1-3 YOGA  
4:15-5:45pm ROBIN YIN YOGA  
6-7:30pm ANNEKE 1-3 YOGA  
(This class will become Restorative with Patsy starting 3-3-10)

### THUR

9:30-11am LORI 1-2 YOGA  
NOON -1:30pm LORI GENTLE FLOW YOGA  
4:15-5:45pm HERB RESTORATIVE YOGA  
6-7:30pm HERB 1-3 YOGA

### FRI

9:30-11am MARSHA 1-3 YOGA  
5:15-6:45pm ROBIN FRI NITE OUT YOGA

### SAT

9:30-11:30am HERB 2-3 YOGA  
11:45am-12:45pm LIZ PILATES MAT

### SUN

10:30-NOON PATSY RESTORATIVE YOGA  
12:30-2pm PATSY RESTORATIVE YOGA

[www.wellspringYOGAnm.com](http://www.wellspringYOGAnm.com)  
505.881.2187

## PRICING

Package pricing is for individuals.

**SPECIAL OFFER FOR FIRST TIME STUDENTS!**  
**\$40 for 4 ongoing classes in a month**

<b>DROP-IN</b>	\$17
<b>8 WEEK PASS</b>	
6 classes	\$84 (\$14 per class)
14 classes	\$182 (\$13 per class)
<b>6 MONTH PASS</b>	
10 classes	\$150 (\$15 per class)
<b>PRIVATE LESSONS</b>	
1 hour session	\$75
<b>YEARLY MEMBERSHIP</b>	\$100

Receive a \$2 credit for every ongoing class that you attend and 10% discount on props, books and special classes. Occasional internet specials will be offered to members. Be sure you are on our email list!

wellspring YOGA  
body. soul. community.

SPECIAL CLASSES

WINTER 2010

**YOGA BASICS 101**

Feb 7-28                      Sundays 2:15-3:45pm      4 weeks  
Patsy Gaetano              \$64

**GENTLE CHAIR YOGA**

Feb6-Mar13                Saturdays 8-9:15am      6 weeks  
Patsy Gaetano              \$90 drop-in \$18

**YOGA for MENOPAUSE**

Feb6-Mar13                Saturdays 1-2:30pm      6 weeks  
Patsy Gaetano              \$90 drop-in \$18

**YOGA, BREATH and PRANAYAMA**

Mar 7-Apr 11              Sundays 8:45-10:15am    6 weeks  
Patsy Gaetano              \$90 drop-in \$18

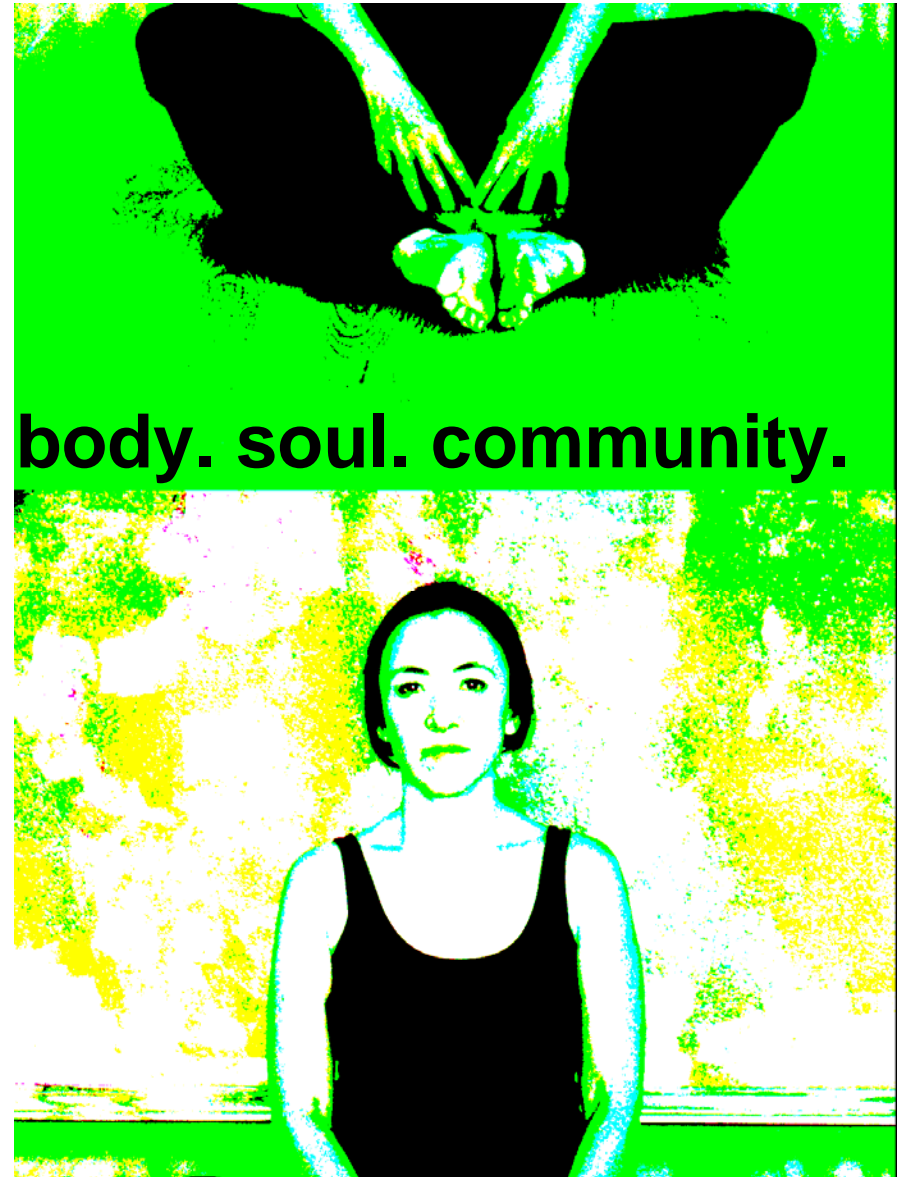
**HEALTHY BONES**

Mar 20                      Saturday 1:30-4pm  
Herb McDonald            \$42

For more information about these Special Classes please  
visit our website:

[www.wellspringYOGAnm.com](http://www.wellspringYOGAnm.com)

# wellspring YOGA



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