

# SUN DOG YOGA STUDIO

17 w. state - doylestown, pa. - 215-230-4031 - sundogyogastudio.com

## 2012 WINTER SCHEDULE

### **Mondays**

9:30am Ashtanga Vinyasa level 1-3  
11:45am Namaste Baby! / enrolled (infant-crawling)  
5:45pm Ashtanga Lite level 1-2  
7:00pm Vinyasa level 1-3

### **Tuesdays**

9:00am Traditional Ashtanga (Mysore style) all levels  
11:00am Vinyasa Lite level 1-3  
4:30pm Kids Yoga / enrolled (ages 7-11 years)  
5:45pm Prenatal Yoga  
7:00pm Ashtanga Foundations level 1-2

### **Wednesdays**

9:30am Ashtanga Vinyasa level 1-3  
5:30pm Yoga Basics Workshop / enrolled  
7:00pm Ashtanga Vinyasa level 1-3

### **Thursdays**

9:00am Traditional Ashtanga (Mysore style) all levels  
11:15am Gentle Yoga level 1-2  
5:00pm Traditional Ashtanga (Mysore style) all levels  
7:00pm Ashtanga Foundations level 1-2

### **Fridays**

9:30am Ashtanga Vinyasa level 1-3

### **Saturdays**

7:00am Traditional Ashtanga (Mysore style) all levels  
9:15am Ashtanga Flow level 1-3  
10:45am Ashtanga Foundations level 1-3  
12:00pm Pups Yoga! / enrolled (ages 3-5 years)

### **Sundays**

9:30am Vinyasa level 1-3  
11:00am Yoga for Stiff People level 1-2  
6:00pm Community Yoga donation class / all levels

### **FEES:**

\$15 drop-in  
\$65 - 5 class package (90 days)  
\$120 - 10 class package (6 mos.)  
\$297 for 3 mos. unlimited / \$135 for 1 month unlimited

### **class levels:**

#### **Level 1-2**

Perfect for beginning students or those looking for a more lenient practice.

#### **Level 1-3**

Will accommodate everyone, but best suited for those with some prior experience with yoga.

#### **Level 2-3**

Appropriate for those with some prior experience with yoga and ready for intermediate level practice