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Monthly restorative classes coming soon!

Check the web site.



Session
starts
January 6

Yoga at Abundance

Winter, 2010

Restorative and Iyengar-style yoga

Yoga at Abundance Carl Hoffman, instructor
99 Crosman Terrace Upper Monroe neighborhood

Wednesday evenings

6:15-7:45 pm

Thursday mornings

8:45-10:15 am

Thursday afternoons

4:30-5:45 pm (gentle)

Thursday evenings

6:15-7:45 pm (no beginners)

Fees: \$80 for seven weeks
*10% discount for Abundance
shareholders.*

Student/low income \$56.

Single class drop-ins \$12.

Any five classes \$50.



473-2949 yoga@abundance.coop www.abundance.coop