

Yoga with Michele at BIRD*



Introductory/Welcome Class

Friday Nov 16th, 6:00 pm-7:15 pm, Beginner/Gentle Yoga & Friday Nov 30th, 6:00 pm-7:15 pm, Moderate/Intermediate Yoga

Tea and biscuits to follow, 7:15 pm-8:00 pm

Price: \$10

Winter Session begins Week of December 3rd*

Weekly classes

<p>Tuesday, December 4-March 26 (No class December 25) Tuesday 6:00 pm-7:15 pm Mixed Level</p>	<p>Thursday, December 6-March 28 (No class January 31) Thursday 9:00 am-10:15 am Moderate/Intermediate Thursday 10:30 am- 11:45 am Beginner/Gentle</p>
<p>Wednesday, December 5-March 27 (No class January 30) Wednesday 9:00 am-10:15 am Moderate/Intermediate Wednesday 10:30 am-11:45 am Beginner/Gentle Wednesday 12:00 pm-12:45 pm Lunch time yoga</p>	<p>*Friday, First class December 14-March 29 Friday 9:00 am-10:15 am Mixed Level Friday 6:00 pm-7:15 pm Mixed Level</p>
<p>Each full session is 16 weeks. We encourage all students to sign up for the full sixteen week series to help build consistency, community, and communication between student and instructor. Staying committed and focused for a period of time helps bring equanimity to one's life, and assists bodymindspirit to reconnect through structure and allowing greater freedom in one's life.</p>	<p>Pricing Morning and evening classes (1hr 15 minutes) Eight weeks \$160 Sixteen weeks \$288</p> <p>Lunch classes (45 minutes) Eight weeks \$112 Sixteen weeks \$192</p>

Workshops

Monthly/ Bi-monthly workshops offered on Saturdays, involving yoga, meditation, chanting, drumming, and various art disciplines. Workshops allow the individual to spend significantly more time focusing on specific themes, and allowing the opportunity to explore, improvise, and create. Please stay tuned for upcoming workshops.

For more information, please contact:

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