



## Yoga Lola Studios – Class Schedule And Fees

| Kundalini Yoga (Lola) (All levels & Genders)         | Gentle Flow Yoga (Mischelle)                                    | *Saturday Classes   | Notes   |
|--|---|---|---|
| Monday Morning<br>All Levels Class<br>9-10:15 a.m.   | ---   | Saturday 1<br>8:30-9:45 AM: Kundalini<br>(Kevin)              | Saturday classes rotate topics as shown on an ongoing-basis |
| Tuesday Evening<br>All Levels Class<br>6:15-7:15 PM  | Tuesday Evening<br>All Levels Gentle Flow Class<br>7:30-8:30 PM | Saturday 2:<br>8:30-9:45 AM: Beginning Qi<br>Gong (Lola)      |   |
| Wednesday Morning<br>All Levels Class 9-10:15 a.m.   | ---   | Saturday 3:<br>8:30-9:45 AM: Yoga<br>Flexibility Class (Lola) |   |
| Thursday Evening<br>All Levels Class<br>6:15-7:15 PM | ---   | Saturday 4:<br>8:30-9:45 AM: Yoga Flow &<br>Glow (Lola)       |   |
| ---  | ---   | *Saturday 5:<br>8:30-9:45 AM<br>Kundalini (Lola)              | Saturday 5 only happens in certain calendar months          |

### CLASS DESCRIPTIONS

**Kundalini Yoga and Saturday classes are All Levels Yoga Classes:** Suitable for everyone. All levels can benefit from this yoga; the class is designed to allow you set the depth of your practice yourself. For beginner or intermediate students, pose modifications are shown to allow you to design your practice level. (For students looking for a bigger challenge, the full posture is taught and so you set the challenge level of the asana yourself!) Practice asanas, breathing exercise, meditation, and music.

**Slow Flow All Levels Yoga Classes.** Come and enjoy the delicious synthesis of movement, breath, and ambient beats that is the hallmark of Mischelle Storm's Slow Flow classes. When we take our time, our nervous systems relax, our minds slow down, our muscles become supple, our breath deepens – our inner chemistry shifts towards a biological balance, which one experiences as peace, tranquility, relaxation, emerging bliss. With candlelight, sultry tunes and an extended savasana, Mischelle creates a mood that is gentle, peaceful and nourishes the soul. This restorative-style yoga class is great for beginners, those recovering from injury, or those who just need to relax and unwind.

### FEE STRUCTURE

- ❖ Class Passes: Four class passes are \$40 and must be used within 60 days.
- ❖ Monthly Membership: The month starts on the 1<sup>st</sup> day of the month and ends on the last day of the month.
  - Regular Monthly: *Up to three classes a week per month:* \$80 a month for regular students or
  - Regular Monthly: *Up to three classes a week per month:* \$65 for students or seniors
  - Veterans Only: Regular Monthly *Up to three classes a week per month:* for \$45.00
  - Unlimited Monthly: *As many classes as you want per month:* \$120 per month for regular students
  - Unlimited Monthly: *As many as you want per month:* \$95.00 for students or seniors
- ❖ Drop-in classes are \$15.00 a class for all students other than Veterans. Vets are \$5.00 class.