



2003 West Franklin Street, Evansville, IN 47712

812-483-9114

www.evvyogacenter.com

April 2008

Try the newest addition to the studio.... foot reflexology by **Kim Love**. Sessions are 30 minutes for \$30 or 60 minutes for \$60. Call Kim at 812-842-2346 to schedule an appointment.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|---|---|---|--|--|---|--|
| | | 1 9 am Tai Chi 10:30 – 11 am Silent Tai Chi 5:45 pm Yoga - Cara | 2 NO Feldenkrais 11 am Yoga 5:00 pm Tai Chi 5:45 pm Yoga 6:15 pm Lezlie's yoga | 3 5:45 pm Yoga Basics 5:30 – 6 pm Silent Tai Chi 6:30 pm Tai Chi | 4 10 am Tai Chi 11 am Yoga 5:45 pm Yoga | 5 9 am Yoga Drumming circle 6 – 8 pm | |
| 6 11 am Vinyasa Flow Yoga | 7 11 am Yoga 3:30 pm Tai Chi 5:45 pm Yoga | 8 9 am Tai Chi 10:30 – 11 am Silent Tai Chi 5:45 pm Yoga - Cara | 9 10 am Feldenkrais <i>Diane</i> 11 am Yoga 5:00 pm Tai Chi 5:45 pm Yoga 6:15 pm Lezlie's yoga | 10 5:45 pm Yoga Basics 5:30 – 6 pm Silent Tai Chi 6:30 pm Tai Chi | 11 10 am Tai Chi 11 am Yoga 5:45 pm Yoga | 12 9 am Yoga | |
| 13 11 am Vinyasa Flow Yoga Reiki Mastery 12 – 6 pm | 14 11 am Yoga 3:30 pm Tai Chi 5:45 pm Yoga | 15 9 am Tai Chi 10:30 – 11 am Silent Tai Chi 5:45 pm Yoga - Cara | 16 10 am Feldenkrais <i>Diane</i> 11 am Yoga 5:00 pm Tai Chi 5:45 pm Yoga 6:16 pm Lezlie's yoga | 17 5:45 pm Yoga Basics 5:30 – 6 pm Silent Tai Chi 6:30 pm Tai Chi | 18 10 am Tai Chi 11 am Yoga 5:45 pm Yoga | 19 9 am Yoga | |
| 20 11 am Vinyasa Flow Yoga | 21 11 am Yoga 3:30 pm Tai Chi 5:45 pm Yoga | 22 9 am Tai Chi 10:30 – 11 am Silent Tai Chi 5:45 pm Yoga - Cara | 23 10 am Feldenkrais <i>Diane</i> 11 am Yoga 5:00 pm Tai Chi 5:45 pm Yoga 6:15 pm Lezlie's yoga | 24 5:45 pm Yoga Basics 5:30 – 6 pm Silent Tai Chi 6:30 pm Tai Chi | 25 10 am Tai Chi 11 am Yoga 5:45 pm Yoga | 26 9 am Yoga | |
| 27 11 am (90 min) Vinyasa Flow Yoga With Stacey and Chris | 28 11 am Yoga 3:30 pm Tai Chi 5:45 pm Yoga | 29 9 am Tai Chi 10:30 – 11 am Silent Tai Chi 5:45 pm Yoga - Cara | 30 10 am Feldenkrais <i>Diane</i> 11 am Yoga 5:00 pm Tai Chi 5:45 pm Yoga 6:15 pm Lezlie's yoga | Contact Patti Corbett for Reiki and Healing Touch. Please call her at 760-8403 or e-mail patti.corbett@sbcglobal.net to schedule an appointment or to find out more information. | | | |
| Reiki sessions available at the studio for \$35 an hour. Contact Karen (479-8331), Patti (760-8403), | | | | | | | |

Yoga Class prices:

- \$12 drop-in
- \$50 for 5 sessions
- \$90 for 10 sessions
- \$60 monthly unlimited

Yoga Student/Senior prices:

- \$11 drop-in
- \$45 for 5 sessions
- \$80 for 10 sessions
- \$60 monthly unlimited

Private yoga classes available

Tai Chi Classes:

Contact Karen Yoe for Tai Chi questions, class times and prices at 479-8331.

For Massage Therapy Contact

Debbie Mohr
480-7293 \$50 1 hr
Richard Ogilvy
430-5808

Caroline Nellis
424-6832
\$20 ½ hr \$45 1 hr

Contact Chris Crews for yoga 483-9114.
Yoga classes are approximately 1 hour and 10 minutes.