



Eight Stones

YOGA STUDIO

Hatha Yoga Meditation Workshops

Winter 2012 January 2 – March 24 (12 week session)

(You can start classes at any time)

Monday	6:00 – 7:30 pm	Level I	David Horwitz
Tuesday	9:00 – 10:30 am 11:00 – 12:30 pm 6:00 - 7:30 pm	Level II Level I Gentle Level I/II	Tana Martin Tana Martin David Horwitz
Wednesday	5:30 – 7:00 pm	Level I/II	Tana Martin
Thursday	9:00 – 10:30 am 5:30 – 7.00 pm 7:15 – 8:15pm	Level I Level I Meditation (<i>Donation</i>)*	Tana Martin Yvonne Cantler Yvonne Cantler
Saturday	8:00 - 9:30 am 10:00 - 11:30 am	Level I/II Level I/II	David Horwitz Yvonne Cantler
Sunday	8:45 – 9:00 am 9:00 – 9:55 am 10:00 – 11:00 am 6:00 – 8:00 pm	Energization Exercises* Meditation Service * Readings Service * Meditation Service YMC*	York Meditation Circle York Meditation Circle York Meditation Circle 2 nd Sunday of the Month

Tuition:

10 or 12 class pass @ \$11 a class (\$110/\$132) & 5 class pass @ \$11 a class (\$55)

Drop-in class-\$13 *Optional donation

Gift Certificates available in 5 (\$55) or 10 (\$110) class amounts!

Class Passes and Gift Certificates Expire March 24th 2012

Full-time student discounts available!

Newcomers are invited to attend one regular scheduled class for free. All are welcome!

Let Your Yoga Dance	Yvonne Cantler	January 13 th	7:00 -8:30pm
Let Your Yoga Dance	Yvonne Cantler	February 17 th	7:00 -8:30pm
Flow and Let Go	Jen Yost	March 16 th	6:30 – 7:45 pm
Let Your Yoga Dance	Yvonne Cantler	March 24 th	4:00 -5:30pm
Eight Stones Yoga Party	Open to all	March 24 th	6:00 – 8:00pm

Eight Stones Yoga Studio 2805 Eastern Blvd., York, PA 17402 717-840-4183

Web Site: www.eightstonesyoga.com

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