

CLASS SCHEDULE: EFFECTIVE SEPTEMBER 1ST



YOGADURANGO

Now open in two locations: 1485 Florida Rd. and our new "Yoga on Main" studio at 1140-A Main Ave.

TIME	CLASS	NOTES	INSTRUCTOR	LOCATION
SUNDAY				
9:00AM-10:30AM	Hatha	All levels	Sheryl	Florida Rd
10:45AM-11:45 AM	Tibetan Bowl Meditation	All levels	Lisa	Florida Rd
4:00PM-5:30PM	Bhakti Flow	All levels	Michele	Florida Rd
MONDAY				
9:00AM-10:15AM	Morning Flow	All levels	Sheryl or Elise	Florida Rd
12:00PM-1:00PM	Beginner Yoga	Level 1 (No class 9/6)	Katie	Florida Rd
6:00PM-7:30PM	Yang/Yin Yoga	All levels (No class 9/6)	Elise	Florida Rd
TUESDAY				
8:15AM-9:15AM	Yoga Nidra	All levels	Derek	Florida Rd
12:00PM-1:00PM	Hatha	All levels	Sheryl	Florida Rd
4:30PM-5:30PM	Afternoon Flow	All levels	Casey	Florida Rd
6:00PM-7:30PM	Vinyasa	Level 2	Michele	Florida Rd
WEDNESDAY				
9:15AM-10:30AM	Slow Yoga	Level 1	Sheryl	Florida Rd
12:00PM-1:00PM	Yoga Hour	Level 2	Erika	Florida Rd
4:30PM-5:30PM	Power Fusion*	All levels	Elise	Florida Rd
6:00PM-7:30PM	Liquid Flow*	Level 2	Katie	Florida Rd
THURSDAY				
6:30AM-7:30AM	Sunrise Flow*	All levels	Heather	Florida Rd
10:00AM-11:30AM	Beginner Yoga	Level 1	Joan	Florida Rd
12:00PM-1:15PM	Experience your Core	All levels	Lynn	Florida Rd
4:00PM-5:15PM	Yin Yoga	Level 1	Elise	Florida Rd
6:00PM-7:30PM	Hatha	Level 2	Sheryl	Florida Rd
FRIDAY				
9:00AM-10:15AM	Yin/Yang Yoga	All levels	Elise	Florida Rd
5:30PM-6:30PM	Community Yoga	All levels	Varies	Florida Rd
SATURDAY				
8:30AM-10:00AM	Hot Vinyasa*	Level 2/3	Varies	Florida Rd
11:00AM-12:30PM	Hatha	All levels	Varies	Florida Rd
TIME	CLASS	NOTES	INSTRUCTOR	LOCATION
MONDAY				
6:30AM-7:30AM	Sunrise Flow	All levels (No class 9/6)	Katie	Main Ave
12:00PM-1:00PM	Yoga Hour	Level 2	Erika	Main Ave
5:30PM-6:45PM	Prenatal Yoga	No drop ins	Sheryl	Main Ave
TUESDAY				
12:00PM-1:00PM	Power Fusion Yoga	Level 2	Elise	Main Ave
5:15PM-6:30PM	Chi Yoga	All levels	Lynn	Main Ave
WEDNESDAY				
6:30AM-7:30AM	Wake Up Yoga	All levels	Casey	Main Ave
12:00PM-1:00PM	Hatha Yoga	All levels	Michele	Main Ave
THURSDAY				
9:30AM-11:00AM	Anusara Style Yoga	All levels	Kim	Main Ave
5:15PM-6:30PM	Restorative Yoga	All levels	Joan	Main Ave
FRIDAY				
10:00-11:30AM	Yoga for Grief	All levels	Heather or Michele	Main Ave
12:00PM-1:00PM	Yoga Hour	Level 2	Michele	Main Ave

Visit our website yogadurango.com for updates, cancellations or substitutions. * These classes are heated.

YOGADURANGO

CLASS FEES

Class drop in: \$14
Student & Senior drop in: \$11

5 class card: \$60
Student & Senior 5 class card: \$50
(2 month expiration)

10 class card: \$110
Student & Senior 10 class card: \$90
(4 month expiration)

20 class card: \$200
Student & Senior* 20 class card: \$160
(6 month expiration)

1 month unlimited: \$120



MORE INFO

To reach one of our owner/directors:

Michele Lawrence: 970-946-8961
michelelawrence@yahoo.com

Sheryl McGourty: 970-769-6875
sheryl@yogaevolution.com

Katie Walsh: 970-903-8711
ktwalsh16@hotmail.com

Our studio space is available to rent on an hourly basis for classes and events. Please contact us for rates and more information.

Punch cards are nonrefundable. They may be shared and/or transferred to a friend or family member. This does not apply to the Monthly Unlimited Card. Senior pricing applies to individuals 60 years or older.

DESCRIPTION OF LEVELS

ALL LEVELS: All levels. Modifications given to suit individual needs.

LEVEL 1: Beginners. Advanced are welcome to participate and work on basics.

LEVEL 2: Advanced beginner to intermediate. Basic knowledge of yoga asanas.

LEVEL 3: Advanced. Established knowledge of asana and sequence of postures.

For a complete listing of class descriptions, visit yogadurango.com.

ANNOUNCEMENTS AND EVENTS

CLASS SCHEDULE FOR LABOR DAY, MONDAY SEPTEMBER 6TH

These classes will be canceled:

6:30am Sunrise Flow (Main ave); 12:00pm Beginner Yoga (Florida); 6:00pm Yang/Yin Yoga (Florida)

ALL OTHER CLASSES WILL BE HELD.

Friday, September 10th; 5:30-7:30pm

iRest Yoga Nidra - The Power of Rest with visiting instructor Karen Soltes

Location: Yogadurango on Main, 1140-A Main Ave. Cost: \$25 To register call Michele at 970-946-8961.

Saturday, September 25th; 1:00-2:30PM

FREE Yoga Basics Workshop with Katie

Location: Florida Rd Studio, 1485 Florida Rd, C-201. For more info, call Katie at 970-903-8711.

Friday, October 1st; 5:30-8:00PM

The Yoga Sutras: A History and Overview with Nicolai Bachman

Location: Yogadurango on Main, 1140-A Main Ave. Cost: \$25. To register call Michele at 970-946-8961.

SAVE THE DATE: SATURDAY, OCTOBER 9TH

Open House at Yogadurango on Main. Free Yoga and Special Events all Day!

970-403-1133 / info@yogadurango.com

1485 Florida Rd., Bldg C, Ste 201, Durango, CO 81301

1140-A Main Ave, Durango, CO 81301