



## **Winter Session 2024**

**January 8th - February 1st 4 Weeks**

### **Zoom Class Schedule and Prices**

\$55 /one class per week      \$100 /two classes per week

\$100 Household price one class per week for two persons

Each additional class in the household is \$45

#### **Beginning Level Yoga**

Monday 4-5:30 pm

#### **Continuing Beginning Level Yoga**

Monday 9-10:30 am and Thursday 4-5:30 pm

#### **Intermediate Level Yoga**

Thursday 9-10:30 am

# **Zoom Workshop**

## **Igniting Winter Warmth**

Saturday January 20th 10 am - Noon \$25

Moving prana throughout the body is one of the primary benefits of an asana practice. The focus in this class will be improving circulation and creating inner warmth and vibrancy. A variety of poses will be offered for all skill levels.

## **In Person Class Schedule and Prices**

**6th Street Studio 311 NW 6th Corvallis**

\$70 for 4 classes Drop in \$18/based on availability

**Class size limited!**

### **Beginning Level Class**

Wednesday 9:30 am-11:00 am

### **Continuing Beginning Level Class**

Wednesday 11:30 am - 1:00 pm

High quality props for your home practice are for sale. Props help us align our bodies with greater ease in each pose.

Mats, bolsters, blankets, blocks, straps and chairs are available.

## **Registration Steps**

1. Email Lori with your choice of class/classes and workshops and your method of payment

2. Payment can be made in the following ways:

Personal Check (address below)

Venmo

Zelle

PayPal (add 4% to cover service fees if you are using a credit card)

**Lori Gholson 24008 Ervin Rd Philomath, OR 97370**