



## **Winter Session 2023**

**January 2 - February 9    6 Weeks**

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

**\$75/one class per week**

**\$135/two classes per week**

**\$135 Household price one class per week**

**Each additional class within the household is an additional \$60**

#### **Beginning Level Yoga**

**Monday 4-5:30 pm and Wednesday 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**

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

### **Mixed Level (Beginning/Continuing Beginning)**

**Wednesday 11 am-12:30 pm**

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

**\$100 for 6 classes Drop in \$18/based on availability**

**Vaccinations required, masks suggested, class size limited**

## **Zoom Workshop**

**Shoulders: Stable and Mobile!**

**Saturday, January 21 10 am - Noon \$25**

**Shoulders can be a mysterious and challenging part of the body to work with! We will explore basic anatomy and movement of the shoulder joint and apply this to the asana practice.**

**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 3% to cover service fees if you are using a credit card)

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