



Spring Session 2024

March 4th - May 23rd 11 Weeks

No classes April 15th - 18th

Zoom Class Schedule and Prices

\$150 /one class per week \$270 /two classes per week

\$270 Household price one class per week for two persons

Each additional class in the household is \$120

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

Lowdown on the Low Back

Saturday March 23rd 10 am - Noon \$25

Learn more about taking care of your lower back in your yoga practice and in everyday life.

The focus will be on strengthening and stretching the muscles of the lumbar spine and surrounding areas.

Appropriate for all skill levels, recording provided to all registrants.

In Person Class Schedule and Prices

6th Street Studio 311 NW 6th Corvallis

\$190 for 11 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

Price for one Zoom class and one in person class is \$310

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)

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