



Winter Session 2025

January 6th - January 23rd 3 Weeks

Zoom Class Schedule and Prices

\$45 /one class per week \$80 /two classes per week

\$80 Household price one class per week for two persons

Each additional class in the household is \$35

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

In Person Class Schedule and Prices

6th Street Studio 311 NW 6th Corvallis

\$55 for 3 classes Drop in \$20/based on availability

****Cost for one Zoom class and one in person class is \$100.**

Class size limited!

Beginning Level Class

Wednesday 9:30 am-11:00 am

Continuing Beginning Level Class

Wednesday 11:30 am - 1:00 pm

Replenishing Inner Strength and Vitality - Zoom Pranayama Workshop

Saturday January 18th

10 am - Noon

\$25

The focus in this class is on breath! Deepen your understanding of good breathing habits. Learn how breath helps you to stay connected to your purpose in

life and remain motivated to contribute to the betterment of the world. Restore your vitality through conscious breathing and pranayama techniques. Appropriate for all level students.

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 (Please do not say " for goods and services")
 - Zelle
 - PayPal (add 4% to cover service fees if you are using a credit card)

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