



## **Fall Session 2022**

**Sept 26th - December 8th      10 Weeks**

**No classes the week of November 21st**

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

**\$120/one class per week**

**\$216/two classes per week**

**\$216 Household price one class per week**

**Each additional class within the household is an additional \$96**

#### **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 (note new time)**

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

**\$160 for 10 classes Drop in \$18/based on availability**

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

## **Fall Workshops on Zoom**

### **Maintaining Pelvic Health**

**Saturday November 12th 10 am - 12 pm On Zoom \$25**

**A workshop for women focusing on issues such as incontinence, organ prolapse, pelvic floor strengthening and digestive wellness.**

### **Solstice Restorative Class**

**Sunday December 11th 3- 5 pm On Zoom \$25**

**An annual tradition, offering an opportunity to relax deeply in nourishing, supported poses.**

**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**