



## **Late Spring Session 2023**

**May 22 - June 29 6 Weeks**

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

**\$78 /one class per week**

**\$140 /two classes per week**

**\$140 / Household price one class per week**

**Each additional class in the household is an additional \$62**

### **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**

**\$100 for 6 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**

### **Zoom Workshop**

#### **Explore Your Core!**

**Saturday June 10th    9 am - 11 am    \$25**

**The core of our body is meant to offer support and strength to the spine. Find out how the breath and the Bandhas help create a strong central channel for greater ease in asana as well as in daily living.**

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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