



...A place for your health and well being

804 Main Street

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## DECEMBER SCHEDULE

The Yoga Space will close on December 24-25 to celebrate Christmas and December 31-January 1 for New Years.  
Happy Holidays to all!

### Monday

4:30 pm – 5:35 pm	All Level Gentle Yoga	Corine Baerwald
6:00 pm – 7:30 pm	All Level Yoga	Corine Baerwald

### Tuesday

9:00 am – 10:30 am	All Level Yoga	Corine Baerwald
6:00 pm – 7:30 pm	All Level Yoga	Martha Wolcheski
December 18 only	Restorative Yoga	

### Wednesday

9:00 am – 10:00 am	Spring Forest Qigong	Nanette Newbern
6:00 pm – 7:30 pm	Advanced Flow Yoga	Corine Baerwald
December 5 only	Restorative Yoga	

### Thursday

9:00 am – 10:30 am	Intermediate Level Yoga	Corine Baerwald
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### Saturday

9:00 am – 10:15 am	All Level Yoga	
December 1 – Sara Cotton	December 22 – Willie McDaniel	
December 8 – Dana Cardwell	December 29 – Alex Lemaster	
December 15 – Corine Baerwald		

### Sunday

10:00 am – 11:30 am Bhakti Yoga: a yoga ministry Willie McDaniel  
There is no charge for this class. You may make a free will offering.

### Class Prices

\$15 for single session

\$75 for a 10 coupon book  
Good for any class during the month

\$100 for a 10 coupon book  
Has no expiration date

\$75 for six week series

\$75 per hour for private session

Please register for all series.  
All other classes are walk-in welcome.

### Special Events

Looking Forward to the New Year...

New Beginner Series  
With Martha Wolcheski  
6 weeks beginning on  
Thursday, January 3 – 6:00-7:30 pm  
\$75 for the series

New Chair Yoga Series  
With Ginny O'Bryan  
6 weeks beginning on  
Monday, January 7 – 3:00 pm  
\$75 for the series

Introduction to Prenatal Yoga Class  
With Alex Lemaster  
Sunday, January 6, 12:00-1:15 pm

To pre-register call 830-895-8633 or  
email [kerrvilleyogaspace@gmail.com](mailto:kerrvilleyogaspace@gmail.com)