



...A place for your health and well being

804 Main Street
 Kerrville, TX 78028
 Phone: 830-895-8633
 Email: kerrvilleyogaspace@gmail.com
 Website: yogaspace-tx.com

JULY SCHEDULE

Monday

4:30 pm – 5:45 pm	NEW - Gentle Yoga for Pain Management	Ginny O'Bryan
6:30 pm – 8:00 pm	All Level Yoga	Corine Baerwald

Tuesday

9:00 am – 10:30 am	All Level Yoga	Corine Baerwald
6:00 pm – 7:15 pm	All Level Yoga	Martha Wolcheski
July 17 only	Restorative Yoga	

Wednesday

6:30 pm – 8:00 pm	Advanced Flow Yoga	Corine Baerwald
July 4 only	Restorative Yoga	

Thursday

9:00 am – 10:30 am	Intermediate Level Yoga	Corine Baerwald
4:30 pm – 5:45 pm	Mellow Yoga	Ginny O'Bryan
6:30 pm – 7:45 pm	Gentle and Beginner Yoga	Ginny O'Bryan

Friday

12:00 pm – 1:30 pm	Lunch Time Yoga	Ginny O'Bryan
--------------------	-----------------	---------------

Saturday

9:00 am – 10:15 am	All Level Yoga	
July 7 – Sara Cotton	July 21 – Sara Cotton	
July 14 – Ginny O'Bryan	July 28 – Julie Anthony	

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

Paddle Board Yoga with Dana
 Friday, July 20
 5:30 – 7:30 – Louise Hays Park - \$30
 Please pre-register – Class size is 10

Full Moon Yoga
 Saturday, July 28 – 7:00 am
 Gardens at the Ridge
 No Charge – Everyone welcome

To pre-register call 830-895-8633
 or email
 kerrvilleyogaspace@gmail.com