



...A place for your health and well being

804 Main Street
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NOVEMBER SCHEDULE

To celebrate Thanksgiving with our families, we will close Thursday and Friday, November 23-24
 May your Thanksgiving Holiday be filled with family, food and fun

Monday

4:30 pm – 5:30 pm Gentle and Beginner Yoga 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
 4:30 pm – 5:30 pm Gentle and Beginner Yoga Ginny O’Bryan
 6:00 pm – 7:15 pm All Level Yoga Martha Wolcheski
 November 14 only Restorative Yoga

Wednesday

6:30 pm – 8:00 pm Advanced Flow Yoga Corine Baerwald
 November 1 only Restorative Yoga

Thursday

9:00 am – 10:30 am Intermediate Level Yoga Corine Baerwald
 1:00 pm – 2:00 pm All Level Flow Julie Anthony
 4:30 pm – 5:45 pm Mellow Yoga Ginny O’Bryan
 6:30 pm – 7:30 pm Gentle and Beginner Yoga Ginny O’Bryan

Friday

12:00 pm – 1:00 pm Lunch Time Yoga Ginny O’Bryan

Saturday

9:00 am – 10:15 am All Level Yoga
 November 4 – Anniversary Party November 18 – Sara Cotton
 November 11 – Ginny O’Bryan November 25 – 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
 \$40 for a specific weekly class for a month
 \$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

Our 14th Anniversary Party
 Come celebrate with us!
 Saturday, November 4
 9:00 am – 12:00 pm
 Free Yoga
 Door Prizes
 Refreshments
 804 Main Street

Yin Yoga Workshop
 with Jacqueline Katz
 Sunday, November 5
 2:00 – 4:00 pm
 \$25
 Please pre-register at
 kerrvilleyogaspace@gmail.com
 or 830-895-8633