



...A place for your health and well being

804 Main Street

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FEBRUARY SCHEDULE

Monday

3:00 pm – 4:00 pm	Chair Yoga Series	Ginny O'Bryan
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
February 26 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
February 6 only	Restorative Yoga	

Thursday

9:00 am – 10:30 am	Intermediate Level Yoga	Corine Baerwald
6:00 pm – 7:30 pm	Beginner Yoga Series	Martha Wolcheski

Saturday

9:00 am – 10:15 am	All Level Yoga	
	February 2 – Sara Cotton	February 16 – Willie McDaniel
	February 9 – Dana Cardwell	February 23 – Sara Cotton
11:00 am – 12:00 pm	All Level Yoga Series	Sara Cotton

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

**No Special Events are
scheduled for February.**

**See Class Schedule for
Chair Yoga, Beginner Yoga and
All Level Yoga Series
that continue into February.**

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