



...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

AUGUST SCHEDULE

Monday

6:00 pm – 7:30 pm All Level Yoga Corine Baerwald

Tuesday

9:00 am – 10:30 am All Level Gentle Yoga Corine Baerwald
6:00 pm – 7:30 pm All Level Yoga Sara Cotton

Wednesday

6:00 pm – 7:30 pm Flow Yoga Corine Baerwald
August 5 only Restorative Yoga

Thursday

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

Friday

No classes at this time.

Saturday

9:00 am – 10:15 am All Level Yoga
August 1 – Sara Cotton August 15 – Corine Baerwald
August 8 – Sara Cotton August 22 – Sara Cotton
August 29 – Linnette Shine

Sunday with Sara

10:00 am – 11:30 am All Level Yoga Sara Cotton
There is no charge for this class. You may make a free will offering.

Check our website for more information:

www.yogaspace-tx.com

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

To meet social distancing guidelines, class enrollments are limited so you **MUST** pre-register for every class to reserve your space.

Bring your own blanket or bolster. They will not be available at the studio. Hand sanitizer and wipes will be available.

New students or out of town visitors will not be accepted at this time.

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.

Special Events

Full Moon Yoga
with Corine Baerwald
7:00 am - Saturday, August 1
No Charge
Gardens at the Ridge
13439 S Ranch Road 783

Paddle Board Yoga
with Sara Cotton
6:00 – 7:30 pm
Wednesday, August 5 and August 26
\$25

Limited space so please pre-register
No experience needed

Back to School Yoga for Kids
Sunday, August 9
2:00 – 4:00 pm
Ages 5-8 - \$10 per kid
Please pre-register

Yoga Hacks Workshop
with Sara Cotton
Sunday, August 30th
2-4 pm - \$20
Learn simple ways to customize poses and
hacks to help you move between poses
Please pre-register