

The Watchung Arts Center

YOGA SPRING 2012

INSTRUCTORS:



Renata CARDINAL

- Iyengar Yoga Certified
- Studio Yoga Certified
- Yoga Alliance Registered at 500 Level



Susan AHLSTROM*

- Studio Yoga Certified
- Yoga Alliance Registered
- Certified Teacher of Embodied Anatomy and Yoga

Monday, April 16 through Saturday, July 7, 2012

(Note: Memorial Day 5/28, one All-Levels class in morning only)

A: Level I	Monday 6:00 - 7:15 PM
B: Intro/Level I	Monday 7:30 - 8:45 PM
C: Embodied Anatomy & Yoga*	Tuesday 9:45 - 11:00 AM
D: Level I/II	Tuesday 6:00 - 7:15 PM
E: Level III	Tuesday 7:30 - 8:45 PM
F: Level II	Friday 8:15 - 9:30 AM
G: Gentle/Intro	Friday 10:00 - 11:15 AM
H: All Levels	Saturday 8:30 - 9:45 AM

Fee: \$160 for one series A - H, (10 classes out of 12)
\$12 for additional class (of same series)
\$300 for 2 series - \$5 discount for WAC members

R: Restorative Thursday 6:00—7:15 PM

Fee: \$80 for 5 Classes: April 26; May 10 and 24; June 7 and 21

Registration and Information:

Contact Renata 908 754-8433 or Yoreca@aol.com

"Yoga poses are not an entertainment...

but part of an inward journey." (BKS IYENGAR)

Please make checks payable to the Watchung Arts Center

The Watchung Arts Center

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