

The Watchung Arts Center

YOGA FALL 2017

INSTRUCTORS:



Renata **CARDINAL** **RC**

- Iyengar Yoga Certified
- Studio Yoga Certified



Susan **AHLSTROM** **SA**

- Studio Yoga Certified
- Somatic Movement Educator



Mike **MACDONALD** **MM**

- Iyengar Yoga Certified
- Studio Yoga Certified

NEW Students: First Class FREE of Charge

Monday, September 11 through Friday, December 15

A: Intro/Level I	RC Monday	6:00 - 7:15 PM
B: Level III	RC Monday	7:30 - 8:45 PM
C: Movement & Yoga	SA Tuesday	10:00 - 11:15 AM
D: Level I/II	MM Tuesday	6:30 - 7:45 PM
R: Restorative	MM Tuesday	8:00 - 9:15 PM
F: Level II	RC Friday	8:15 - 9:30 AM
G: Gentle/Intro	RC Friday	10:00 - 11:15 AM
H: Make-Up	MM Saturday	8:30 - 9:45 AM (only 10/7, 11/4 & 12/2)

**Fee: \$180 for one series (11 classes out of 14)
\$12 for additional class (of same series)
\$340 for 2 series
\$5 discount for WAC members**

PLEASE MAKE CHECK PAYABLE TO THE WATCHUNG ARTS CENTER

Registration and Information:

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

The Watchung Arts Center

18 Stirling Road

Watchung, NJ 07069

908-753-0190

wacenter@optonline.net

www.watchungarts.org

“...not the muscle power, but the inner bio-energetic vital power is important”

(BKS IYENGAR)