

Anusara Yoga Classes

June 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>All Classes are at Canyon Community Center, Springdale unless otherwise posted</p>	<p>Ann Rutz, R.N. Certified Anusara Instructor (435)772-0419</p>	<p>\$9 per single class \$33 for 5 classes \$60 for 10 classes</p> <p>Yoga</p>			<p>1 9:30 AM -12:30 PM - The Practice Level II - III (Rigorous)</p>	<p>2 No Yoga</p>
<p>3 *Substitute Teacher</p>	<p>4 No 6:30 AM Class 9:15 AM -10:45 AM Level I & II * Naomi 5:00 PM -6:15 PM Gentle * Becca</p>	<p>5 No Yoga</p>	<p>6</p>	<p>7 6:30 AM -7:45 AM - Level I & II * Becca</p>	<p>8 9:30 AM -12:30 PM - The Practice Level II - III (Rigorous) *RCC * Naomi</p>	<p>9 No Yoga</p>
<p>10 * Rockville Community Ctr. * Zion Park Inn</p>	<p>11 6:30 AM -7:45 AM 9:15 AM -10:45 AM Level I & II 5:00 PM -6:15 PM Gentle #</p>	<p>12 5:30 PM -7:30 PM - Level II & III * ZPI</p>	<p>13</p>	<p>14 6:30 AM -7:45 AM - Level I & II</p>	<p>15 9:30 AM -12:30 PM - The Practice Level II - III (Rigorous)</p>	<p>16 Special Class 9:15 AM -10:45 AM - Level I & II * Becca 11:00 AM -12:00 PM Tai Ji w/ David(free) * Naomi</p>
<p>17 #YAZ Kids Yoga June 11 and 25 3:45 PM - 4:30 PM Canyon Com. Ctr.</p>	<p>18 6:30 AM -7:45 AM 9:15 AM -10:45 AM Level I & II 5:00 PM -6:15 PM Gentle</p>	<p>19 5:30 PM -7:30 PM - Level II & III</p>	<p>20</p>	<p>21 Free Flow 6:30 AM -7:45 AM - Level I & II Summer Solstice</p>	<p>22 9:30 AM - 12:30 PM - Special Free Practice 108 Sun Salutations</p>	<p>23 9:15 AM -10:55 AM -Restorative 11:00 AM -12:00 PM Tai Ji w/ David(free)</p>
<p>24 Flow #</p>	<p>25 6:30 AM -7:45 AM 9:15 AM -10:45 AM Level I & II 5:00 PM -6:15 PM Gentle</p>	<p>26 5:30 PM -7:30 PM - Level II & III</p>	<p>27</p>	<p>28 6:30 AM -7:45 AM - Level I & II</p>	<p>29 9:30 AM -12:30 PM - The Practice Level II - III (Rigorous) * Naomi</p>	<p>30 9:15 AM -10:45 AM - Level I & II * Naomi</p>