

Vital Health Yoga

Schedule & Fees 2011

Mondays

Inner Sun Studio, Wolfville 7:15 to 8:30 p.m. Ongoing (David)

Wednesdays

Inner Sun Studio, Wolfville 5 to 6:15 p.m. Beginners (David)

Davis St. Studio*, Halifax 5:30 to 6:30 p.m. Foundation (Petra, Starts Aug 31)

Thursdays

Breathing Space Studio, Bedford 9:30 to 10:15 a.m. (David)

Davis St. Studio*, Halifax 12 to 1 p.m. Foundation/General (David, starting date to be announced)

Davis St. Studio*, Halifax 5:30 to 7 p.m. General (David, starting date to be announced)

Saturday

Davis St. Studio*, Halifax 10 a.m. to 12 p.m. General (David, starting date to be announced)

Davis St. Studio*, Halifax 12:10 to 1:10 p.m. Foundation (David, starting date to be announced)

*Directions to Davis St. Studio: Take Robie St. towards the South End. At the intersection of Robie St. and South St. turn Right onto South St. Proceed down South St. for a short distance. Davis St. is a small street and it is the first Left on South St. Turn Left onto Davis St. The studio is directly on the left in the backyard area of the last few houses on the corner of Davis St. and South St. that you just drove past. The studio where yoga is held is the largest building in the center of a group of three back yard buildings. It is painted medium blue and it has a few skylight windows and a steel chimney. Park on Davis St. or on a nearby street. Avoid parking in the lane where the studio is, if possible.

Fees

There is a registration fee of \$20 for new students and for students who have let their fees elapse for 1 yr. to the Vital Health Yoga.

Classes are nontransferable.

We accept VISA, MASTER CARD

Drop - in \$20.00

Mat Rental \$2.00

Regular Rates

5 hour punch card \$67.83 (valid for 2 months)**

10 hour punch card \$121.74 (valid for 3 months)**

20 hour punch card \$200.00 (valid for 6 months)**

Student & Senior Rates 10% OFF

10 hour punch card \$109.57 (valid for 3 months)**

** fees are subject to HST