



665 Duling Avenue  
Jackson, MS  
601-209-6325



- LIKE US - StudiOm Yoga of MS
- FOLLOW US - @StudiOMyogaofMS
- FOLLOW US - StudiOMyogaofMS

## IYENGAR YOGA - FALL 2017 CLASS SCHEDULE

<b>Monday</b>		
5:30-6:30pm	Level I	Nichole
<b>Tuesday</b>		
9:30-11am	Level I/II	Nichole
11:30am-12:30pm	Ageless	Nichole
5:30-6:30pm	Level I/II	Lauren
7-8:00pm	Level I	Stephanie
<b>Wednesday</b>		
6-7:00am	Level I	Emelie
12-1:00pm	Level I	Nichole
5:30-7pm	Level II	Nichole
<b>Thursday</b>		
9:30-11am	Level II	Nichole
11:30am-12:30pm	Ageless	Nichole
5:30pm-6:30pm	Level I/II	Alyssa
<b>Friday</b>		
6:30-7:30pm	Level I/II	Stephanie
<b>Saturday</b>		
8:30-9:30am	Level I	Alyssa
10:00am-12pm	Level II/III	Nichole
<b>Sunday</b>		
4:00-5pm	Level I/II	Lauren

YOU CAN JOIN CLASSES ANY TIME  
DURING THE SESSION

**StudiOm will be closed  
October 31 (5:30 & 7:30 Classes)  
& November 23-26**

[www.StudiOmyogaofms.com](http://www.StudiOmyogaofms.com)



Classes are based on the teachings of B.K.S. Iyengar, one of the most influential and respected yogis of our time. Iyengar Yoga emphasizes alignment of the body and builds strength and flexibility through the use of props such as ropes, blankets, belts, and blocks which allow the student to go deeper into and stay longer in each pose.

**11 Week Session  
SEPTEMBER 5 - NOVEMBER 22, 2017**  
YOU CAN JOIN CLASSES ANY TIME  
DURING THE SESSION

### PRICES

#### 1 Hour Classes

One Class per week (11 Classes)	\$110.00
Two Classes per week (22 Classes)	\$198.00
Drop in	\$15.00
Students with Valid ID (NO SESSION SIGN UP)	\$8.00

#### 1 1/2 Hour Classes

One Class per week (11 Classes)	\$132.00
Two Classes per week (22 Classes)	\$242.00
Drop in	\$15.00
Students with Valid ID (NO SESSION SIGN UP)	\$10.00

**2 Hour Class - Saturday 10am-12pm**  
(teacher permission required for attendance)

1 or 2 classes per week - Each Class	\$15.00
Drop In	\$20.00

Unlimited classes - 4 weeks	\$125
Unlimited classes - 6 months	\$600
Unlimited classes - 12 months	\$1100
* No refunds given after session has begun	
* We will prorate after session has begun	

*Private lessons available  
at StudiOm \$75  
or in your home \$85*

[www.StudiOmyogaofms.com](http://www.StudiOmyogaofms.com)