

# Epidavros YOGA STUDIO

Monday	Class	Teacher
7:30 - 8:30 am	<b>Buti Yoga</b>	Satheara
9 - 10:15 am	Hatha Yoga All levels	Patti
11:30 - 12:30 pm	Mama / Baby Yoga (\$7)	Sophia
5:45 - 7 pm	Hatha Yoga All levels	Tomme
7:15 - 8:15 pm	Gentle / Intro	Peg
Tuesday		
8:45 - 9:45 am	Hatha Yoga All levels	Kelly
10 - 11:15 am	Gentle Yoga	Tomme
11:45 - 1 pm	<b>Aerial Yoga</b>	Kelly
1:15 - 2:15 pm	Yoga Nidra (2nd Tue. only)	Kelly
5:30 - 6:45 pm	Restorative Yoga	Shaunna
7:15 - 8:30 pm	<b>Hot Hatha Yoga</b>	Alyssa
Wednesday		
6-7 / 7-8 am	Sunrise Yoga/Meditation	Yogi Nasser
9 - 10:15 am	Hatha Yoga All levels	Patti
10:45 - 11:45 am	<b>Hot Hatha Yoga</b>	Jill
5:45 - 7 pm	Hatha Yoga All levels	Renée
7:15 - 8:30 pm	Yin Yoga	Renée
Thursday		
8:45 - 9:45 am	Hatha Yoga All levels	Peg
10 - 11:15 am	Gentle Yoga	Tomme
5:45 - 6:45 pm	Restorative Yoga	Sophia
7:15 - 8:30 pm	<b>Hot Hatha Yoga</b>	Alyssa
Friday		
8 - 9:30 am	Hatha Yoga lvl 2	Yogi Nasser
9:45 - 11:00 am	Gentle Yoga	Kelly
5 - 6 pm	Happy Hour Yoga (\$7)	Peg
6:30 - 7:45 pm	<b>Aerial Yoga</b>	Tara
Saturday		
8:30 - 9:45 am	Hatha Yoga All levels	Tomme
10:15 - 11:30 am	Intro to Yoga	Jill
Sunday		
8 - 8:45 am	Jnana Yoga	Yogi Nasser
9 -10:30 am	Hatha Yoga lvl 1	Yogi Nasser
11 - 12:00 pm	<b>Flow Yoga</b>	Laura
12:15 - 1:30 pm	New Teacher Yoga (\$7)	Rotation
5:15 - 6:30 pm	Restorative Yoga	Shaunna
7 - 8 pm	<b>Tai Chi</b>	Natalie

Classes subject to change. See website for current classes. / We are happy to advise you in choosing a class. 503.667.1500 / good thru 4-2-2017

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**Studio Intro Offers - Choose 1**

10 CLASSES \$59 GOOD FOR 90 DAYS  
2 WEEKS \$29 UNLIMITED CLASSES

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**Prices:**

**Studio Memberships**

- No joining fee
- No termination fee
- 2 Month contract
- 30 days notice to change
- 10% discount Seniors 65+

Enthusiast (Auto-Pay).....89  
4 Classes (Auto-Pay).....45  
Extra class.....11

**Individual Classes**

Drop In.....14  
Senior/Student Drop In.....11  
10 Classes (90 days)....120  
1 Month Unlimited.....130

**Yoga Privates or Massage**

First Time to Us.....55  
60 Minutes.....75  
75 Minutes.....90  
90 Minutes.....105

Ask about package prices.

(Monthly Auto-Pay)

One 60 Min Monthly.....70  
Two 60 Min Monthly.....130

**Yoga Therapy**

60 Minutes.....85  
Three, 60 Min.....240  
6 Pack 60 Min.....450

**\$55**  
FIRST TIME 2US  
60 Min. Session  
• Massage  
• Acupuncture  
• Yoga Private

**Acupuncture**  
Tuesday 30 Min.....25  
Initial Visit 60 Min.....55  
Follow Up Visit 60 Min.....85  
15 Minute Cupping.....30

**Whole Body Vibration**  
1 Session.....5  
(Monthly Auto-Pay)  
**NEW** Unlimited.....29

**Infrared Sauna**  
(Special pricing Jan. - Mar.)  
1 Session.....10  
3 Pack.....28  
6 Pack.....54

**Ionic Foot Detox**  
(Special pricing Jan. - Mar.)  
1 Session.....15  
12 Pack.....150  
Dual Session.....25

**NEW - Vitality Pro**  
(Monthly Auto-Pay) **\$39**  
Unlimited use of 3 above.

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