



# Community Yoga Center

An outreach project of Yoga and Health

## Spring 2010 Schedule

| MONDAY                                                   | TUESDAY                                       | WEDNESDAY                                                            | THURSDAY                                                              | SATURDAY                                                               |
|----------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------------|
| 9-10:15<br>Morning Hatha<br>with Fanny                   | 9-10:20<br>Kundalini Yoga<br>with Jerry       | 8:45-10:15<br>Gentle Yoga<br>with Cindy                              |                                                                       | 8:45-10:15<br>Foundations<br>with Cindy<br><i>(This class is full)</i> |
| 6:30-7:30<br>Beginning Belly<br>Dance with Jamie         | 10:30-11:50<br>Gentle Kundalini<br>with Jerry | 10:30-noon<br>Yoga Flow<br>with Cindy<br><i>(This class is full)</i> | 4-5:15 pm<br>Gentle Yoga<br>with Fanny                                | 10:30 – noon<br>Intermediate Yoga<br>Series with Cindy                 |
| 7:30-8:30<br>Intermediate Belly<br>Dancing with<br>Jamie | 6-7:30<br>Yoga Flow<br>with David             | 7:00-8:30<br>Kundalini<br>with Jerry                                 | 6-7:30 pm<br>Gentle Yoga<br>with Cindy<br><i>(This class is full)</i> |                                                                        |

### Teacher Contact Information

Fanny: 512-753-9932

Jamie: 512-754-0427

Jerry: 512-396-8404

David: 512-754-9764

For more information visit the [Community Yoga Center page](#)