

Yoga and Health Class Fees:

Yoga and Health's mission is to make yoga and health education available to everyone. Class fees alone do not cover the expense of operating the Community Yoga Center. We are dependent upon donations to sustain the work that we do. We encourage everyone who possibly can to support our work financially by paying a monthly fee.

Monthly fees:

\$35.00 for one 75-90 minute class per week

\$70.00 for two 75-90 minute classes per week

Per class payment is discouraged but allowed:

\$12.50 per class

Programs:

Foundations of Yoga Practice: \$125.00 for eight weekly 90 minute classes, Yoga and Health Instruction Manual and Audio CD. If you have a chronic health condition, you may qualify to attend the program for free. Please contact Cindy for more information.

Workshops:

\$25.00 for a two hour workshop

\$50.00 for a four hour workshop

Classical yoga is an ancient, sacred and powerful tradition. It includes guidelines for living a productive and joyful life, physical exercises, breathing exercises, relaxation and meditation. It provides both theory and practices which if lived daily can prevent illness and restore health. Commitment and discipline is required in order to fully realize the benefits of the practice. **Classes are taught sequentially and include all aspects of classical yoga. In order to practice safely and to make progress, students must make a commitment to regular attendance.** In this way, the teacher is able to support the class as students work together to build a strong foundation for continued physical, emotional, mental and spiritual growth. With steady effort and dedication to the practice, the student is empowered to create a life of health, peace and abiding joy.

You may attend one class for free. If you like the class, a monthly commitment is encouraged.

If you would like to make a commitment to participate in yoga classes and to practice daily at home but cannot afford the class fee, an attendance voucher may be provided.

Yoga and Health is a 501 (C) (3) non-profit organization whose mission is to improve the health of individuals, families, organizations and the community by providing yoga and health education in an environment of learning that is conducive to a multicultural population. Donations to Yoga and Health are tax deductible.