

Monday

Mornings with Teji 10:00-11:30 AM

Gentle Yoga

Afternoons with Barb 4:30-5:30 PM

Gentle Yoga (no class 2/22)

Tuesday

Mornings with Teji 7:30-9:00 AM

Mixed Level Yoga

Evenings with Teji 6:30-8:00 PM

Gentle Yoga

Wednesday

Mornings with Barb 7:00-8:00 AM

Gentle Yoga (no class 2/24)

Afternoons with Barb 4:30-5:30 PM

Gentle Yoga (no class 2/24)

Meditation with Barb 5:40-6:10 \$5

Evenings with Barb 6:30-7:45 PM

Gentle Yoga (no class 2/24)

Thursday

Mornings with Barb 10:00-11:30 AM

Mixed Level Yoga (no class 2/25)

Afternoons with Barb 12:00-1:00PM

Mixed Level Yoga (no class 2/25)

Evenings with Teji 6:30-8:00 PM

Continuing Yoga

Saturday

Mornings 9:00AM-10:00AM

Open Community Class (no class 12/26)

A weekly ongoing class at the **Wellfield Gardens, 1000 N. Main, Elkhart.**

Sliding scale \$4 – \$10. Held indoors at the administrative building across the street, or outside in the gardens, weather permitting.

Winter YOGA 2009 – 2010

Mini: November 30-December 17th .

Holiday break December 21st-31st.

Winter: January 4th-February 25th.

Note: Barb's classes will run 7 weeks, no classes week of February 22nd.

The Mini-session during the holiday season will be a balance of restorative yoga and an energizing practice. Restorative and Yin Yoga will replenish our being the first half of class then the second half of class an active vinyasa flow will get us moving, warm, and awake for life and the season's activities.

The Winter session will focus on a dynamic practice to generate heat and stoke the inner fire during the season of cold and snow. The session will focus on a meditative practice of the Sun Salutation Series along with core work to warm us from the inside out.

Payment Information

Classes may be attended on a drop in basis (pay as you go), or register by the session to receive a discount. Make-up class credit can be used during the session at any class.

One-hour classes \$10 per class

1.25 hour classes \$13 per class

1.5 hour classes \$15 per class

By the session:

Teji's classes: Mini \$40 Winter \$108

Barb's classes: Please check with Barb

Contact Teji at 574-266-3696

Contact Barb at 574-264-0662

If you are experiencing financial hardship, please contact us to discuss special arrangements. Sliding scale and barter options may be available.

Green Tree School of Yoga

Informational Open House and Tea

held at Tree of Life studio.

Saturday January 16th 2-4 pm.

Please RSVP 574-266-3696 or email:

treeoflifeyoga@comcast.net

CLASS DESCRIPTIONS: Classes will generally fit into these categorizations.

Gentle Yoga:

A class for those new to yoga or for those who prefer a more gentle yoga practice. The basic yoga postures (asanas) will gradually increase strength and flexibility as they teach proper body alignment. The class will cover the benefits of the postures and the proper, safe way to enter into and out of them. Yoga at this level is adaptable to all levels of fitness and abilities.

Mixed Level Yoga

This moderately paced class builds on the basic yoga postures and breathing techniques for a more challenging yoga practice. The body becomes stronger and suppler as the practitioner develops the sensitivity to advance in the inner and outer practices of yoga.

Continuing Yoga

This class is led as an intermediate level class offering a more demanding practice for body and mind.