



# **YOGA CENTRAL**

211 B 3521 8<sup>th</sup> Street East  
( across from the new Zellers)

**invites you to a free yoga class!!!**

As part of our Teacher Training Program, each trainee is donating his/her time to offer a **free** 1 hour Beginner Yoga Class open to the general public, **every 2<sup>nd</sup> and 4<sup>th</sup> Sunday** of each month **beginning in May 13/07 (10:00am-11:00am)**

In order to build a scholarship fund for our program, we encourage each participant to generously make a **\$5.00 minimum donation per class**. This will help bring down the cost of some of our workshops for our teacher trainees, as well as give financial assistance to any deserving student.

Attend one class or attend them all!

Come out and experience the joy of yoga!

**Limited Space Available**

First class begins **May13/07, 10:00 am – 11:00 am**

**See schedule on next page**

**Sunday Free Class Schedule**

**10:00 am – 11:00 am**

Mats will be available for use free of charge

**Please arrive 10 minutes prior to class time**

## Sunday “Free Class” Schedule

<u>Date</u>	<u>Instructor</u>	<u>Assistant</u>
April 13/08	Sarah Junkin	Rachel Donen
April 27/08	Rachel Donen	Susan Gingell
May 11/08	Carol Wallace	Dean Studney
May 25/08	Tonya Wirchenko	Carol Wallace
June 8/08	Susan Gingell	Glad McCarthy
June 22 /08		<b>Canceled</b>
July 13/08	Nicole Doetzel	Tonya Wirchenko
July 27/08	Dean Studney	Barb Lavoie
August 10/08		<b>Studio Closed for Summer Break</b>
August 24/08	Nancy Steiger	Susan Gingell
Sept 14/08	Karen Dagdick	Nicole Doetzel
Sept 28/08		<b>Canceled</b>
Oct 12/08	Sabrina Kehoe	Susan Blum
Oct 26/08	Wendy Nesseth	Karen Dagdick
Nov 9/08	Glad McCarthy	Nancy Steiger
Nov 23/08	Laura Lacey	Wendy Nesseth
Dec 14/08	Susan Blum	Sabrina Kehoe
Jan 11/09	Barb Lavoie	Laura Lacey