



# ***Yoga Classes with Toni Kuhn*** ***2124 St. Bernard Drive, PMC***

Sign up with Toni

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## ***January- February 2018***

***\*\*New students:  
First Class is Free\*\****

### **Session Dates:**

- ***Mondays 11am- Chair Yoga:***  
6 week session: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12
- ***Wednesdays 11am – Yin-Yang Yoga:***  
6 week session: 1/10, 1/17, 1/24, 1/31, 2/7, 2/14
- ***Thursdays 4pm – Stretch & Therapeutic Yoga:***  
6 week session: 1/11, 1/18, 1/25, 2/1, 2/8, 2/15

### **3 options for payment:**

1. \$10.00 to drop in on any class
2. \$40.00 Punch Card (5 classes) - good for 3 months and can be used on any class
3. \$30.00- package rate for 6 classes in a session- must choose a class for the 6 weeks and sign up