

HUNGRY FOR YOGA?

Would you rather get:

- A. High-Fructose corn-syrup yoga
- B. Pie-in-the-sky yoga
- C. Yoga with fiber

If you checked C, bring this card to Turtle Island Yoga and get one month unlimited classes for \$49.

turtle island
Y O G A

7A Mariposa Avenue
San Anselmo
CA 94960
415.721.1563

www.turtleislandyoga.com

Offer good for first time students only



TURTLE ISLAND YOGA CLASS SCHEDULE

Effective through June, 2012



SUNDAYS

8:30 – 10:00 am Tony Briggs All Levels

MONDAYS

5:00 – 6:00 pm Dario Fredrick Community Class

6:15 – 7:45 pm Stefanie Renard Yoga for Alignment

TUESDAYS

9:30 – 11:00 am Tony Briggs All Levels

11:30 – 1:00 pm Susy Stewart Yoga for Everybody **NEW!**

WEDNESDAYS

9:30 – 11:00 am Destry Turner Vinyasa **NEW!**

6:30 – 8:00 pm Jamie Lamka All Levels

THURSDAYS

9:30 – 11:00 am Tony Briggs All Levels

4:00 – 5:30 pm Barbara Murphy Yoga for
Eating Disorders

FRIDAYS

9:30 – 11:00 am Susan McCormick Levels 1 – 3

Noon – 1:15 pm Kate Coletti Pre-natal Yoga **NEW!**

SATURDAYS

9:00 – 10:30 am Jamie Lamka All Levels

NAME _____

SIGNATURE _____

AUTHORIZED SIGNATURE _____

DATE _____ Offer good through July 1, 2012

Visit www.turtleislandyoga.com
for teacher bios, class fees, and upcoming workshops.