

Rushing Water Yoga Class Schedule for 2010

The BKS Iyengar Yoga School of Southwest Washington

417 N.E. Birch St., Camas, WA 98607 360.834.5994 www.rushingwateryoga.com

Feel free to drop-in on any class.

Your first class is always **FREE!** Come to any beginning level class of your choice.

		IYANW Members (10% discount)
Fee Schedule	6 classes \$72.00	\$64.80
Drop-in:	\$15.00 per class	\$13.50
Two Classes a Week:	\$132.00	\$118.80
Three Classes a Week:	\$186.00	\$167.40

IYANW (Iyengar Yoga Association of the Northwest) members receive 10% off of all classes.

Scholarships or sliding scale prices are available. Please request an application.

All classes need a minimum of five registered students to be held.

	Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
8-9:30 am					beginning	
					Paul	
9-10:30 am				beginning		
				Paul		
10-11:30 am		beginning			gentle **	
		Paul			Paul	
5:45-7:15 pm	beginning	beginning	beginning	intermediate		
	Paul	Paul	Paul	Paul		Free
						Meditation
7:30-9 pm	beginning	beginning	beginning	beginning		7-8 pm
	Paul	Paul	Paul	Paul		

**pre registration required

There will be nine continuous six week sessions for 2010. The payment structure is based on these six week sessions. There will be no classes on the following holidays: May 31st - Memorial Day, July 4th - Independence Day, September 6th - Labor Day, and December 25th - Christmas

Class Policies:

-Wear shorts or footless tights and a T-shirt. Please, no baggy pants. Bare feet are required. Please do not wear perfume or heavy jewelry to class.

-Please be on time, arrive with an empty stomach and inform the teacher of any injuries or health issues before class.

- You can make up classes in an appropriate level class any time during the current session or you may bring a friend to your regular class. You can also make up a class "before" you miss it if you know you will away. Students who registered and pay in full for the next session may carry over their makeups to that session but only to that session.