

# yogasita

susannah bruder

& nancy clarke, teachers

march – july 2010

## classes / susannah

### intermediate

mon 12:00 – 1:30 pm

wed 7:00 – 8:30 am

### all levels

sun 9:00 – 10:30 & 4:30 – 6:00

tue 12:00 – 1:00 & 6:00 – 7:30

wed 12:00 – 1:30

thu 12:00 – 1:00 & 6:00 – 7:30

### adaptive practice class

thu 10:30 – 11:30 am

specialized semi private class

for recovery & illness

*call susannah to join class, no drop in*

## classes / nancy

### beginners

mon 4:30 – 5:30 pm

### all levels

mon 6:00 – 7:30 pm

(restorative 1st mon/month)

## private lessons

\$100 single

\$425 / 5 valid 6 weeks

## new students

\$25 / 2 classes

purchase 1st class / valid 2 weeks

## class fees

### \$20 drop in series

\$96 / 6 class

\$180 / 12 class

valid 8 weeks

## fast pass

(classes w/susannah only)

\$455 / 35 valid 3 months

*all fees pay teacher directly*

*cash or check to teacher*

*studio voice mail for schedule changes*

## immersions / susannah

### mar 8 – 12

### may 10 – 15

m – f, 7:00 – 9:30 am

\$325 / \$275 alumni

## workshops / susannah

\$54 / all 3 \$150

wed 6:00 – 8:30 pm

## home practice / apr 7

come create your own practice

## twists / apr 21

learn to turn

## yoga for bikini season / abs / jun 16

inner strength asanas

## yoga basics / nancy

### apr 14, may 19, jun 9

6:00 – 8:00 pm

\$25 per

## immersion / nancy

### memorial day

### may 28 – 30

7:00 – 9:00 am

\$135

## retreat oz farm / susannah

### july 9 – 12

long weekend at oz farm

yoga / river / organic farm / relax

\$100 deposit / no refund

\$950 by jun 9 / \$1,050 after

no exceptions

**sita** (see - ta) Sanskrit, n., - 1. a furrow for planting seeds; 2. Queen of Rama; 3. Susannah's beautiful dog



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