

# yogasita

susannah bruder

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

teacher

2012

## classes

### **sun**

9:00 - 10:30

12:30 - 2:00\*

### **mon**

12:00 - 1:30

5:00 - 6:30

### **tues**

10:30 - 12:00\*

6:00 - 7:30

### **thurs**

7:00 - 8:30 am\*

12:00 - 1:00\*

6:00 - 7:30

\* new class or time

## fees

cash or check to susannah,  
no cards

\$20 single class

\$85/5 class/valid 2 mos

\$160/10 class/valid 2 mos

\$450/30 class/valid 3 mos

\$1800 unlimited 12 mos

new student pass \$30/3 weeks

\$10 under age 18

## private lessons

\$125 single lesson

\$600/6 valid 6 weeks

no extensions. no sharing.  
no refunds. unused classes may be  
carried over as \$ value to next series.

## workshops & immersions

### immersions

week long & holiday

intensive practices including postures, breathing,  
history, philosophy, language of yoga

### workshops

sanskrit

breathing

digestive system

neck shoulder arm

hips legs feet

+ more

web site has dates/details



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