

# 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

415.488.1930

[www.turtleislandyoga.com](http://www.turtleislandyoga.com)

Offer good for first time students only



# TURTLE ISLAND YOGA CLASS SCHEDULE



Effective January, 2010

## SUNDAYS

9:00 – 10:30 am Tony Briggs Levels 1 – 3

10:30 – 12:30 pm Tony Briggs Levels 3 – 5 \*

## TUESDAYS

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

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

6:00 – 7:30 pm Tony Briggs All Levels

## WEDNESDAYS

6:30 – 8:00 pm Jamie Lamka All Levels

## THURSDAYS

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

6:30 – 8:00 pm Jessica Zerr All Levels

## FRIDAYS

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

## SATURDAYS

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

## PRICES

Tony Briggs: \$20 drop-in • 5/\$95 • 10/\$180

Jamie Lamka: \$20 drop-in • 5/\$90 • 10/\$170

Susan McCormick: \$17 drop-in • 5/\$75 • 10/\$140

Susy Stewart: \$20 drop-in • 4/\$60 • 8/\$110

Jessica Zerr: \$14 drop-in • 5/\$60

\* THIS OFFER IS NOT VALID FOR THIS CLASS

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Special offer good until June 1, 2010