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turtle island

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**New Student Special**

**2 classes for \$25**

**3rd class FREE\***

Bring this card to class to receive our special offer.

**7A Mariposa Avenue**

**San Anselmo**

**CA 94960**

**415.453.8642**

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

*\* One per new student. Offer expires August 31, 2008*

# TURTLE ISLAND YOGA CLASS SCHEDULE

Effective June 1, 2008



## SUNDAYS

9 – 10:30 am	Tony Briggs	Levels 1 – 3
10:30 – 12:30 pm	Tony Briggs	Levels 4 – 5

## MONDAYS

9:30 – 11:00 am	Vairagya Eiger	All Levels
11:00 – 12:30 am	Julie Howard	Shadow Yoga (see website for description)

## TUESDAYS

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

9:30 – 11:00 am	Michele Klink	Levels 1 – 3
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## THURSDAYS

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

10:30 – noon	Michele Klink	Levels 1 – 3 (last class is June 27)
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## SATURDAYS

9 – 10:30 am	Julie Howard	Levels 1 – 3
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- LEVELS**
- 1 Beginning (no experience required)
  - 2 Continuing beginner (at least 3 months experience)
  - 3 Intermediate (working knowledge of poses)
  - 4-5 Advanced (only with permission of instructor)

Visit [www.turtleislandyoga.com](http://www.turtleislandyoga.com) for more information  
about teachers, classes & workshops

Turtle Island Yoga • 7A Mariposa Ave • San Anselmo • 415.453.8642