

# The Watchung Arts Center

## YOGA WINTER 2012

### INSTRUCTORS:



**Renata CARDINAL**

- Iyengar Yoga Certified
- Studio Yoga Certified
- Yoga Alliance Registered at 500 Level



**Susan AHLSTROM\***

- Studio Yoga Certified
- Yoga Alliance Registered
- Certified Teacher of Embodied Anatomy and Yoga

Monday, January 9 through Saturday, April 14, 2012

<b>A: Level I</b>	<b>Monday 6:00 - 7:15 PM</b>
<b>B: Intro/Level I</b>	<b>Monday 7:30 - 8:45 PM</b>
<b>C: Embodied Anatomy &amp; Yoga*</b>	<b>Tuesday 9:45 - 11:00 AM</b>
<b>D: Level I/II</b>	<b>Tuesday 6:00 - 7:15 PM</b>
<b>E: Level III</b>	<b>Tuesday 7:30 - 8:45 PM</b>
<b>F: Level II</b>	<b>Friday 8:15 - 9:30 AM</b>
<b>G: Gentle/Intro</b>	<b>Friday 10:00 - 11:15 AM</b>
<b>H: All Levels</b>	<b>Saturday 8:30 - 9:45 AM</b>

Fee: \$175 for one series A - H, (11 classes out of 14)  
\$12 for additional class (of same series)  
\$330 for 2 series  
\$5 discount for WAC members

**R: Restorative Thursday 6:00—7:15 PM**

Fee: \$95 for 6 Classes: Jan. 19; Feb. 9 and 23; March 8 and 22; April 12

Registration and Information: Contact Renata 908 754-8433 or [Yoreca@aol.com](mailto:Yoreca@aol.com)

*"The physical body is not...*

*something separate from our mind and soul."*

*(BKS IYENGAR)*

The Watchung Arts Center

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www.watchungarts.org

Please make checks payable to the Watchung Arts Center