



# July 2017

beginning July 1, 2017

check [www.BalanceSSI.com](http://www.BalanceSSI.com) for Changes

## Weekly Class Schedule - Studio A (Mandala)

Yoga, Barre, Feldenkrais, Meditation & Medicine Open for Drop-Ins Unless Otherwise Noted. Special Classes, Workshops & Series Require Pre-Registration

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15am-7:15am Sunrise Flow Yoga <sup>E</sup> (Pat)		6:15am-7:15am Sunrise Flow Yoga <sup>E</sup> (Pat)		
					Yoga at the Beach
9:00am-10:15am Vinyasa Flow Yoga <sup>3</sup> (Annie)	8:30am-10:00am Hatha Yoga <sup>2</sup> (Bitsy)	9:00am-10:15am Vinyasa Flow Yoga <sup>3</sup> (Annie)	8:30am-10:00am Yin Yoga <sup>E</sup> (Bitsy)	9am-10:15am Gentle Yoga <sup>1</sup> (Dixie)	8am-9am East Beach 7/8 & 7/24
	10:30am-11:30am Yoga Nidra <sup>E</sup> (Dawn)		10:30am-11:30am Open Flow <sup>3</sup> (Sheri/Pat)		10:00am-11:30am Align & Flow Yoga <sup>3</sup> (Karen)
	12:00-1:15pm Yoga for Recovery <sup>E</sup> (Dawn)		12pm-1:15pm Feldenkrais ATM <sup>®E</sup> (Elaine)		Myrtle Street Beach 7/1, 7/15, 7/29
2:00-2:30pm Meditation					Donation Based Class (\$5 min)
		2:00-3:00pm Chair Yoga <sup>1</sup> (Bitsy) Sunroom		2:00-2:30pm Meditation	YBR July 8th
					12:00 - 1:15pm Save Your Face - TMJ \$25 Fee (Kandy Duke)
4:15 - 5:15pm Tranquil Restore & Flow Yoga <sup>1</sup> (Pat)					
					Sunday
					10am-11:15am Open Flow Vinyasa <sup>3</sup> (Sheri)
6pm-7:15pm Feldenkrais ATM <sup>®E</sup> (Elaine)	6-7:15pm Evening Zen Yoga <sup>E</sup> (Sheri)	5:30pm-6:30pm Yoga for a Healthy Back <sup>E</sup> (Karen)	6-7:15pm Yoga Basics <sup>1</sup> (Sonja)		
July 17, 7:00pm Medicine Dance (Kathy Webb) \$10 Class Fee					
				<b>Color Key</b> E = Everybody 1 = Beginner Friendly 2 = Moderate 3 = Intermediate/Adv	<b>Pricing</b> Weekly Classes: Drop-in or Single Class \$15 Class Pass 6=\$72, 10=\$110, 20=\$180 Special Class or Series Community Donation Class Workshop \$20-\$60 Private Group Class
Yoga Nidra and Yoga for Recovery begin on 7/ 11					



