

# Maitri Yoga Class Schedule

Classes begin January 9, 2012!

Grand Opening Celebrations 9:00-6:00 on Sunday, January 8, 2012.

Open House Friday and Saturday, January 6-7, 10:00-6:00.

## Monday

5:30 am Sunrise Hatha Yoga - Mindy ∞  
9:00 am Hatha Yoga - Mindy ∞ ♥

## Tuesday

9:00 am Hatha Yoga - Bri ∞  
6:00 pm Hatha Warrior - Bri ♦  
7:30 pm Candlelight Bliss - Bri ∞ ♥

## Wednesday

5:30 am Sunrise Hatha Yoga - Mindy ∞  
9:00 am Hatha Yoga - Mindy ∞ ♥  
6:00 pm Weight Loss and Toning Yoga - Bri ♦

## Thursday

9:00 am Hatha Yoga - Bri ∞  
6:00 pm Hatha Warrior - Bri ♦  
7:30 pm Candlelight Bliss - Bri ∞ ♥

## Friday

5:30 am Sunrise Hatha Yoga - Mindy ∞  
9:00 am Hatha Yoga - Mindy ∞ ♥

## Saturday

7:30am Hatha Warrior - Bri ♦  
9:00 am Hatha Yoga - Bri ∞  
10:30 am Foundations - Bri ∞ ♥

## Sunday

9:00 am Bliss Yoga - Bri ∞ ♥  
10:30 am Weight Loss and Toning Yoga - Bri ♦

♥ Beginner Friendly ∞ All levels welcome  
♦ Active, some experience suggested

9000 W 88th Ave, Westminster, CO 80005  
720.377.9545  
www.YogaMaitriCenter.com

# Maitri Yoga

**A friendly, neighborhood yoga center who's purpose is to serve the community. Come grow with us.**

Monthly packages reoccur automatically to keep your yoga practice consistent and guarantee your rate for up to 1 year. Cancellation is free and just requires 30 days written notice.

## Hassle Free Membership Packages:

<b>Abundance</b> (unlimited)	as low as \$4 per class (\$99)
<b>Transcend</b> (8 classes/mo)	\$10 per class (\$80)
<b>Balance</b> (4 classes/mo)	\$12 per class (\$48)

### **\*NEW STUDENT SPECIAL: \$5 FOR YOUR FIRST CLASS!**

10 Class Pass Card	\$135 (good for 3 months)
Drop In	\$15

Students, Military & Seniors over 60 - 10% off classes.

## Private Yoga, Energy Healing, and Crystal Chakra Therapy

Now just \$75 per hour

**230 hr Yoga Teacher Trainings** begins January 17 and June 23, 2012. *\*Space is limited. Register today.*

### Attending class:

- All classes are 1 hour and 15 minutes unless otherwise noted.
- Inform your teacher of any injuries or health conditions and if you are newer to yoga.
- Allow at least 2 hours to pass after meals before practicing yoga.
- We have mats & props available for your use.
- Bring water.
- *Have fun!!*

Conveniently located just west of Wadsworth on 88th Avenue.  
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