



Yoga Classes

Instructor: Janice Ferraro ~ 365-5428

Spring 2008 ~ April 1 - June 26

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:45 am - 10:15 am Shanti Group Studio		8:45 am - 10:15 am Shanti Group Studio		Yoga Course 9 am - 1 pm (all levels) Studio
	10:30 am - 12:00 Yoginis Studio		10:30 am - 12:00 Yoginis Studio		WORKSHOPS
					SPECIAL EVENTS
	6 pm - 7:30 pm Beginners Yoga Library		5:30 - 7 pm Yogalates (Core) Library		
	7:45 pm - 9:15 pm Intermediate & Advanced - Library		7 pm - 8:30 pm Intermediate & Advanced - Library		

Fees for the Columbia River Studio ~ A Magical Setting

815 - 5th Avenue, Castlegar

Shanti Group - \$30.00 per week paid monthly

Yoginis - \$30.00 per week paid monthly

Yoga Course students will meet on the first Saturday of each month from January to June to learn and practice a carefully set out class and learn new poses. This is a great course for people who already have a full schedule and for those who want to learn yoga or deepen their own practice. Drop in space available for experienced students. Cost \$400.00

Learn to See and Feel Auras

Experience and see the changes thoughts make in your auric field, and how different each person's aura feels.

Cost \$45.00

Jane Hutchins - 365-2136. Date To Be Announced

Fees for Library Classes

Registered - \$156.00 for 13 weeks • Drop in - \$15.00 per class

Janice Ferraro: a personal practice of over thirty years, teaching yoga for sixteen years and a firm belief in yoga for all beings.

**Registration ~ Studio: Phone 365-5428 • Library: At the library
ferraroj@telus.net ~ www.underthesunhathayoga.com**

What to bring: Yoga mat, water bottle and a large blanket.

What to wear: Stretchy/snug fitting clothes with a sweater or t-shirt over top.