







February 2012 Classes & Workshops

						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Simple Kripalu Yoga 4:30-5:30 pm Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Meditation 101 6-7 pm No class 1/16 & 2/20 Drop-in rate: \$8 Flex-Block of 4 classes to use over 90 days: \$25</p> <p>Intro to Mindfulness-Based Stress Reduction* 1/23-2/13, 7:10-8:40p Registration closes 1/17 \$115, \$100 for current patrons</p>	<p>Simple Yoga 10-11:15 am Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>45 min. Yoga Break 12-12:45 pm Drop-in rate: \$10</p> <p>Hatha Yoga 101 * 7-8:15p Drop-in rate: \$15 or \$78 for a 6 week block</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Mandala Studio of Yoga offers 8 or 12 class cards that expire 60 days from date of purchase. Military & Senior Discounts 10% off class cards.</p> </div>	<p>Simple Yoga 10-11:15 am Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>30 min. Tai Chi Break 12:15-12:45 pm Drop-in rate: \$5</p> <p>Tai Chi - Yoga Fusion [beginner] 4:30-5:45 pm Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p>	<p>Yoga with Weights <i>11lb weights are provided and optional</i> 4:30-5:30 pm Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Simple Kripalu Yoga 6-7 pm Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Masala Bhangra 50 Minute Workout 7:30 pm Rate: \$10 Call/Email to Register Burn fat & calories while dancing and having fun!!</p>	<p>Simple Kripalu Yoga 10-11:15 am Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Restorative Yoga * 5:30-6:45 pm Rate: \$12 [1/27 5:30-6:30 pm] Call/Email to Register</p> <p>Yoga Nidra - Relax & Restore Your Health 2/10 7-8 pm Rate: \$10 Call/Email to Register</p> <p>A Reiki Healing Evening* 1/27, 6:45-8:45p, \$10</p>	<p>Simple Yoga 9-10:15 am Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Healing Tai Chi [beginner] 10:30-11:30 am Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Yoga Basic Series* 2/4 – 2/25 \$65 for Series 2 hour workshop 2/4, 2-4 pm \$35 Beginner Yoga 2/11, 2/18, 2/25 2-3 pm \$30 for 3 weeks Call/Email to Register</p>	<p>Our Services:</p> <p>Mental Health Counseling</p> <p>Life Coaching</p> <p>Reiki</p> <p>Health/Wellness Coaching</p> <p>1:1 Therapeutic Yoga</p> <p>Holistic Nutrition</p>

All classes are open level but taught with the beginner student in mind. We provide clean yoga mats, props, modification instruction and lots of inspiration!!

*** Registration Required** – For more info go to www.mandalastudioofyoga.com or call 603-703-3183 or www.fullspectrumwellness.com or call 603-296-0830 x6.

Schedule subject to change – Check websites for class descriptions, up-to-date schedule, online registration and cancellations due to inclement weather.

Full Spectrum Wellness and Mandala Studio of Yoga, 55 S Commercial St, The Langer Place (main level), Manchester, NH 03101 [next to Fisher Cats Stadium]