

# Summer Schedule 2019 July 1-September 30



## open classes

### MONDAYS

- » Hatha I ..... 7-8:15 pm
- » Beginning SomaYoga ..... 6-7:15 pm

### TUESDAYS

- » Morning Hatha ..... 9:30-10:45 am
- » SomaYoga Therapy for Chronic Pain Resolution... 11 am-12 pm
- » Outdoor Yoga at Glensheen; *JULY 9-AUG. 20* ..... 6-7 pm

### WEDNESDAYS

- » SomaYoga ..... 5:30-6:45 pm
- » Yoga by the Lake; *JULY 3-SEPT. 11* ..... 6-7:15 pm

### THURSDAYS

- » Yoga by the Lake; *JULY 11-SEPT. 12* ..... 7-8:15 am
- » Morning Hatha ..... 9:30-10:45 am
- » Parkinson's Specific Yoga at Hope Church  
*JULY 11-AUGUST 1* ..... 10:30-11:30 am
- » Gentle Yoga at Hope Church ..... 12-1:00 pm

### FRIDAYS

- » Stronger! ..... 9:30-10:45 am

### SATURDAYS

- » Rise 'n Shine Yoga ..... 9-10:15 am

Revised 5/24/2019

### REGISTRATION CLASSES

## register

- » Beginning SomaYoga Series  
Mondays, 6-7:15 pm ..... \$52/\$44 s/s/m  
..... 4 week begins 1<sup>st</sup> Monday of each month

### SUNDAYS

## monthly

- » Y12SR-Yoga of 12 Step Recovery  
July 7, August 4, September 8 ..... 4-5:30 pm, DONATION

**Is your mobility limited,  
are your daily activities  
being impacted, do you  
experience less enjoyment  
from things you used  
to love to do?**

**SOMAYOGA CPR: SOMAYOGA  
THERAPY FOR CHRONIC PAIN RESOLUTION**

**TUESDAYS 11-12**

**GET \$10 OFF ALL PRIVATE  
SESSIONS; JUNE-AUG.**

Use **summersale10**  
at checkout!

Sessions must be completed by 8/31/19



### PRIVATE SESSIONS

## yoga therapy

- Therapeutic SomaYoga, Somatics, Ayurveda  
and Phoenix Rising Yoga Therapy
- » With Certified Yoga Therapist, Ayurvedic Health  
Counselor, Ayurvedic Yoga Specialist: ..... 60 min., \$75  
..... 90 min./\$105; 4 Session Wellness Package, \$310
  - » With SomaYoga Therapist in Training: ..... 60 min., \$50  
..... 90 min., \$75; 4 Session Wellness Package, \$205

### PER CLASS

## pricing

- » open class (no registration required) ..... \$15/\$12 s/s/m
- » registration series ..... varies-see class listing
- » monthly offerings ..... varies-see class listing

### CLASS PASS

- » 10 class pass (6-month expiration) ..... \$120/\$100 s/s/m
- » 5 class pass (3-month expiration) ..... \$65/\$55 s/s/m  
s/s/m: student/senior-age 60+/military

workshops

JULY 25

» Shavasana ..... 6–8 pm, \$37/\$47 door

AUGUST 22

» Nourish Ayurveda..... 5:30–8 pm, \$50/\$60 door

retreats

SEPT. 19–22 | CAMP AMNICON

» Reclaiming Kama—Practices to Cultivate Presence, Expand Pleasure & Enhance Connection in Daily Life..... \$525/~~\$475~~  
**Early Enroll by August 1 and save \$50!**  
 Held at Camp Amnicon, South Range, WI

TTO&amp;A

TEACHER TRAINING INFO SESSIONS

Join us to learn about our world-class yoga teacher training programs led by professional yoga teacher trainers internationally recognized for teacher training and yoga therapy certification at the only Accredited Yoga Therapy School in the Midwest—Yoga North ISYI.

Conference Calls and in-person meetings are 1 hour long.

» Conference Calls:	» In-Person at Yoga North:
(515) 604-9094;	4628 Pitt Street, Duluth
Meeting ID: 840-596-806	7/12, 11 am
6/14, 12 pm	8/14, 7pm
7/23, 6 pm	
8/9, 12 pm	
9/13, 12 pm	



**Featured Retreat, Sept. 19–22: Reclaiming Kama Practices to Cultivate Presence, Expand Pleasure & Enhance Connection in Daily Life. A Four Day Retreat with Robin Stamp & Molly McManus**

Join Molly and Robin on a journey to heal the heart, focus the mind and reclaim the experience of pleasure in your life. In this 4 day retreat, you will learn specific practices to focus the power of Yoga, Tantra, Astrology and Ayurveda to open you up to your highest understanding of yourself.

Learn more at [YogaNorthDuluth.com](http://YogaNorthDuluth.com)

professional certifications

## Advanced Yoga Studies & Yoga Teacher Training

Now Accepting Applications—Limited Space Available.  
 Early Enrollment Specials!

Enroll in our professional certification programs to deepen your practice, to deepen your learning, or to become a skilled and internationally certified Yoga Instructor or Yoga Therapist.

200+ Hour Therapeutic Focus  
 Yoga Teacher Training & Live  
 Your Life Awake Yoga Study



**Begins October 4, 2019**



**Begins March 20, 2020**

+350/500 Hour Teacher Training  
 Level 1 Yoga Therapy  
 Dual Certification



**Begins Oct. 11, 2019**



**Begins Oct. 9, 2020**

1000 Hour / Level 2 Yoga  
 Therapy Certification



**Begins Spring 2021**



**Held at St. Paul Studio**  
 TULA YOGA & WELLNESS

