

RSVP by September 15th with fee or classes will be Cancelled!

JOYFUL ALTERNATIVE CLASSES in UKIAH

October - May 2011-2012

TEENS (13 & up)

Teens Spirit Classes "Blossoming into Conscious Womanhood"
Kundalini Yoga, Drumming & Chanting, Art, Anatomy & Women Health
2nd & 4th Wednesdays 5:00pm - 7:00pm at Learn to Play Studio, Ukiah
Alternating by-weekly with on-line Inspirational Life Line, Feminine Yogic Wisdom.
\$62/monthly

CONSCIOUS FILM SERIES

Extraordinary Films where Science finally merges with Ancient Wisdom. Empowering!!!
2nd & 4th Wednesdays 7:15 pm at Learn to Play Studio, Ukiah
Organic Salad Served, bring a Pot Luck
Suggested donation \$5.00 (on-going Fundraiser for Teen Spirit Retreat)

CHILDREN 5-7 & 7 up

Child Spirit Class "My body & Me"
Yoga, Anatomy & Health Games, Singing, Art
2nd & 4th Thursdays 2:30pm - 3:30pm (5-7 y. o.)
3:45pm - 4:45 pm (7 & older) at Yoga Mendocino, Ukiah
Either age group \$64/from Oct. 13th to December 8th includes Art Materials, Health curriculum

VIBRANT HEALTH 4 ALL

Class addresses various systems of the human anatomy
Build Perseverance & Focus while you Detox, Invigorate, Strengthen Body, Mind & Spirit
2nd & 4th Thursday 5:00pm to 6:30pm at Yoga Mendocino Ukiah
Health, Detox & Life Style Tips & in home practice CD Monthly.
\$ 53/monthly

WOMEN

Inspiring Visioning Women Circle
Kundalini Yoga, its relationship to the Divine Women within & Inner Landscape Art...
2nd & 4th Thursdays 7:00pm-9:00 pm at Yoga Mendocino
Alternating by-weekly with on-line Inspirational Life Line & Yogic Wisdom.
\$71/monthly

To Enroll October to December: call Ancha by September 15th at 354-2787. Classes will be cancelled unless people RSVP by phone 2 weeks ahead and send in tuition. For Serious results commit!