

# YOGA

## Mindful Movement

20 minutes each of Yoga, Pilates-based core strengthening, and energetic, barefoot dance exercise.

## Hatha Yoga: Intermediate Level/Vinyasana

Develop balance, alignment and posture while strengthening the body, relaxing the mind, and refreshing the spirit! Asana flow and core strengthening – experienced students only, no new beginners.

## Hatha Yoga: Mixed Level

Develop balance, alignment and posture while strengthening the body, relaxing the mind, and refreshing the spirit! New beginners are welcome in to mixed level classes.

**Instructor: Barb Foote, B.A. Edu.**

Certified Exercise Instructor, Yoga Instructor, 22 years experience

## FALL 2008 SEMESTER

### Fall Session I

**Location: Room 84 in Bergstrom Hall, lower level**

**Registration deadline: Friday, August 22** (\$5 late fee will be assessed to registrations received after Friday, August 22)

Class	Days	Time	Dates	# of weeks	Class size	Fee	Class code
Mindful Movement	Mondays	4:45-5:45 p.m.	Sept. 8-Oct. 13	6	7 min, 16 max	\$60	WEL107.101
Hatha Yoga: Intermediate Level/Vinyasana	Mondays	6:00-7:15 p.m.	Sept. 8-Oct. 13	6	7 min, 16 max	\$60	WEL108.101
Hatha Yoga: Mixed Level	Tuesdays	9:00-10:10 a.m.	Sept. 9-Oct. 14	6	7 min, 16 max	\$60	WEL109.101
Hatha Yoga: Mixed Level	Thursdays	10:00-11:10 a.m.	Sept. 11-Oct. 16	6	7 min, 16 max	\$60	WEL109.102
Hatha Yoga: Mixed Level	Saturdays	10:15-11:25 a.m.	Sept. 13-Oct. 18	6	7 min, 16 max	\$60	WEL109.103
<b>Unlimited classes - Fall Session I (all classes included, per session)</b>						<b>\$100</b>	<b>WEL201.101</b>

### Fall Session II

**Location: Room 84 in Bergstrom Hall, lower level**

**Registration deadline: Wednesday, October 17** (\$5 late fee will be assessed to registrations received after Oct. 17)

Class	Days	Time	Dates	# of weeks	Class size	Fee	Class code
Mindful Movement	Mondays	4:45-5:45 p.m.	Oct. 27-Dec. 8 (no class 11/24)	6	7 min, 16 max	\$60	WEL107.102
Hatha Yoga: Intermediate Level/Vinyasana	Mondays	6:00-7:15 p.m.	Oct. 27-Dec. 8 (no class 11/24)	6	7 min, 16 max	\$60	WEL108.102
Hatha Yoga: Mixed Level	Tuesdays	9:00-10:10 a.m.	Oct. 28-Dec. 9 (no class 11/25)	6	7 min, 16 max	\$60	WEL109.104
Hatha Yoga: Mixed Level	Thursdays	10:00-11:10 a.m.	Oct. 30-Dec. 11 (no class 11/27)	6	7 min, 16 max	\$60	WEL109.105
Hatha Yoga: Mixed Level	Saturdays	10:15-11:25 a.m.	Nov. 1-Dec. 13 (no class 11/29)	6	7 min, 16 max	\$60	WEL109.106
<b>Unlimited classes - Fall Session II (all classes included, per session)</b>						<b>\$100</b>	<b>WEL201.102</b>

# YOGA

## WINTER/SPRING 2009 SEMESTER

### Winter Session

**Location:** Room 84 in Bergstrom Hall, lower level

**Registration deadline:** Friday, December 12 (*\$5 late fee will be assessed to registrations received after Friday, December 12*)

Class	Days	Time	Dates	# of weeks	Class size	Fee	Class code
Mindful Movement	Mondays	4:45-5:45 p.m.	Jan. 12-Feb. 16	6	7 min, 16 max	\$60	WEL107.103
Hatha Yoga: Intermediate Level/Vinyasana	Mondays	6:00-7:15 p.m.	Jan. 12-Feb. 16	6	7 min, 16 max	\$60	WEL108.103
Hatha Yoga: Mixed Level	Tuesdays	9:00-10:10 a.m.	Jan. 13-Feb. 17	6	7 min, 16 max	\$60	WEL109.107
Hatha Yoga: Mixed Level	Thursdays	10:00-11:10 a.m.	Jan. 15-Feb. 19	6	7 min, 16 max	\$60	WEL109.108
Hatha Yoga: Mixed Level	Saturdays	10:15-11:25 a.m.	Jan. 17-Feb. 21	6	7 min, 16 max	\$60	WEL109.109
<b>Unlimited classes - Winter Session (all classes included, per session)</b>						<b>\$100</b>	<b>WEL201.103</b>

### Spring Session

**Location:** Room 84 in Bergstrom Hall, lower level

**Registration deadline:** Friday, March 6 (*\$5 late fee will be assessed to registrations received after Friday, March 6*)

Class	Days	Time	Dates	# of weeks	Class size	Fee	Class code
Mindful Movement	Mondays	4:45-5:45 p.m.	Mar. 23-May 4 (no class 4/6)	6	7 min, 16 max	\$60	WEL107.201
Hatha Yoga: Intermediate Level/Vinyasana	Mondays	6:00-7:15 p.m.	Mar. 23-May 4 (no class 4/6)	6	7 min, 16 max	\$60	WEL108.201
Hatha Yoga: Mixed Level	Tuesdays	9:00-10:10 a.m.	Mar. 24-May 5 (no class 4/7)	6	7 min, 16 max	\$60	WEL109.201
Hatha Yoga: Mixed Level	Thursdays	10:00-11:10 a.m.	Mar. 26-May 7 (no class 4/9)	6	7 min, 16 max	\$60	WEL109.202
Hatha Yoga: Mixed Level	Saturdays	10:15-11:25 a.m.	Mar. 28-May 9 (no class 4/11)	6	7 min, 16 max	\$60	WEL109.203
<b>Unlimited classes - Spring Session (all classes included, per session)</b>						<b>\$100</b>	<b>WEL201.201</b>

### IMPORTANT:

Please note that a confirmation of registration will no longer be mailed. Your confirmation will be available at the first class meeting. Please mark your calendar with the dates, times and location of your class/program at the time you register.