





January – February 2012 [updated 2/01/12]

						<p>Mind/Body Services:</p> <ul style="list-style-type: none"> Mental Health Counseling Life Coaching Health/ Wellness Coaching Holistic Nutrition Cancer & Lymphedema Support Workplace Wellness Program
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>1:1 Yoga Session or Private Small Group [call to schedule]</p> <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 1/2-2/27, 6-7 pm [No class 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 \$115, \$100 for current patrons</p>	<p>Simple Yoga 10:00-11:15 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 12:00-12:45 pm Drop-in rate: \$10</p> <p>1:1 Yoga Session or Private Small Group [call to schedule]</p> <p>Hatha Yoga 101 * [Full Spectrum] 1/3 – 2/28, 7p Drop-in rate: \$15 or \$78 for a 6 week block</p>	<p>Simple Yoga 10:00-11:15 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 [no class 2/22] Drop-in rate: \$5</p> <p>1:1 Yoga Session or Private Small Group [call to schedule]</p> <p>Tai Chi - Yoga Fusion [beginner] 4:30-5:45 pm [no class 2/22] Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p>	<p>1:1 Yoga Session or Private Small Group [call to schedule]</p> <p>Yoga with Weights <i>[1 lb. ankle/wrist weights are optional and provided]</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 6:00-7:00 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 * Begins 7:30 pm Adult Rate: \$10 12-17 year olds with parent \$5 Call/Email to Register</p>	<p>Simple Yoga 10:00-11:15 am Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>1:1 Yoga Session or Private Small Group [call to schedule]</p> <p>Restorative Yoga 5:30-6:45 pm Rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Yoga Nidra - Relax & Restore Your Health* 2/10 7:00-8:00 pm Rate: \$10 Call/Email to Register</p>	<p>Kripalu Yoga 9:00-10:15 am Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Healing Tai Chi 10:30-11:30 am [no class 2/18 or 2/25] Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <p>Yoga Basic Series* Beginner Yoga Classes 2/11, 2/18, 2/25 2:00-3:00 pm \$30 for 3 weeks Email to Register</p>	<p>Military & Senior Discounts 10% off class cards</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 Ex. 6.

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

Mandala Studio of Yoga at Full Spectrum Wellness, 55 So. Commercial Street, The Langer Place (main level), Manchester, NH 03101 [next to Fisher Cats Stadium]