







January – February 2012

						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30 min. Tai Chi Break 12:15-12:45 pm Drop-in rate: \$5</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 [Full Spectrum] Ongoing 1/2-2/27, 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 * [Full Spectrum] 1/23-2/13, 7:10-8:40p Registration closes 1/17 \$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>Hatha Yoga 101 * [Full Spectrum] 1/3 – 2/28, 7p Drop-in rate: \$15 or \$78 for a 6 week block</p> <div style="border: 2px solid purple; padding: 5px; margin-top: 10px;"> <p>Mandala Studio of Yoga class cards expire 60 days from date of purchase. Military/Senior Discounts 10% off class cards.</p> </div>	<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 Drop-in rate: \$5</p> <p>Tai Chi - Yoga Fusion [low impact] 4:30-5:45 pm Drop-in rate: \$12 Senior rate: \$10 Student rate: \$10 8 class card \$88 12 class card \$120</p> <div style="border: 1px dashed black; padding: 5px; margin-top: 10px;"> <p>We now accept debit/credit to purchase class cards</p> </div>	<p>Lunchtime Yoga * [Full Spectrum Wellness] 1/5-2/22, 1-1:45 p Drop-in rate: \$12 or \$40 for a 4 week block</p> <p>Yoga with Weights (1 lb.) [weights are provided and optional] 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 Rate: \$10 Call/Email to Register Burn fat & calories while dancing and having fun!!</p>	<p>Simple Kripalu 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>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* 1/20 and 2/10 7:00-8:00 pm Rate: \$10 Call/Email to Register</p> <p>A Reiki Healing Evening* [Full Spectrum] 1/27, 6:45-8:45p \$10</p>	<p>Simple 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 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, 2:00-4:00 pm \$35.00 Beginner Yoga 2/11, 2/18, 2/25 2:00-3:00 pm \$30 for 3 weeks Email to Register</p>	<p>Other Services:</p> <ul style="list-style-type: none"> Mental Health Counseling Life Coaching Health/ Wellness Coaching Private Yoga Sessions Holistic Nutrition Cancer & Lymphedema Support Mind/Body resource for self-care and patient after-care

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]