



# Nat's Yoga & Dance Studio

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 www.natsyogastudio.netfirms.com

## Summer 2008 Schedule

**Alignment Yoga:** This yoga will center on special needs such as: shoulders, hips, back, neck and other areas. We will use a gentle approach to remedy these problem areas.

**Callanetic Style:** Helps you develop a lean and yet strong body! Full body workout. No previous experience required.

**Gentle Yoga:** Designed with you in mind. A combination of Tai Chi/ Yoga/ Exercise/ Weights / Zumba. No previous experience required.

**Doubles Yoga:** This yoga should be a "must do" Yoga for everyone. Will improve your practice. You don't have to bring someone. There will always be someone to partner with. No previous experience required.

**Family and Kids Yoga:** This 7 week course will be Special Offer #1 this summer starting June 3rd and 5th. You can sign up for one and take both classes for a total cost per family \$80.00

**Level 1 Yoga:** Posture and breathing yoga was developed to help the new & experienced Yoga student work through situations in everyday life. No previous experience required.

**Levels 2-4 Yoga:** For the experienced beginner and continuing student. This class continues the learning process started in Level 1 Yoga.

**Level 5:** For the advanced student of yoga providing full sun salute, arm balance, strength and flexibility training. Should have at least 4months experience in Yoga.

**Tai Chi:** Gentle relaxing and healing movements with no impact. No previous experience required.

**Toning Exercises:** You can put in the suggestion box the type of exercise you would like to work on most. Such as, body wedge 21/pilates/zumba/dance/abs/hip/etc. We will draw each week to put together 2 types of exercise.

**Zumba:** Latin dancing at its best! Fun, fun, and more fun. Don't need a partner. No experience necessary.

updated 05/25/2008

Monday	7:30-8:30 am 6:00-7:00 pm 7:00-8:00 pm 8:00-9:00 pm	Levels 2-4 Yoga Levels 2-4 Yoga All Levels, Callanetic Style All Levels, Zumba (Latin dancing)
Tuesday	8:00-9:00 am noon-1:00 pm 5:00-6:00 pm 6:00-7:00 pm 7:00-8:00 pm 8:00-9:00 pm	All Levels, Tai Chi 7-week Family Yoga All Levels, Zumba All Levels, Toning All Levels, Progressive Yoga Speciality 4-week Workshops
Wednesday	7:30-8:30 am 6:00-7:00 pm 7:00-8:00 pm 8:00-9:00 pm	All Levels, Alignment Yoga Level 5, Power Yoga All Levels, Doubles Yoga All Levels, Posture Yoga
Thursday	7:30-8:30 am 8:30-9:30 am  noon-1:00 pm 6:00-7:00 pm 7:00-8:00 pm 8:00-9:00 pm	Level 5, Power Yoga Gentle "for not so perfect bodies" Tai Chi/Yoga/Exercise/Zumba 7-week Kids Yoga All Levels, Full Body Yoga All Levels, Tai Chi Ballroom Dance (6 wk courses - call to register)
Saturday	8:00-9:00 am 9:00-10:00 am	All Levels, Alignment Yoga Zumba (Latin dancing)
1st Friday of each month, 6pm, Tai Chi in Wright Park		

For current information about what's happening at The Studio, sign up for our free monthly email newsletter at [www.natsyogastudio.netfirms.com](http://www.natsyogastudio.netfirms.com).

**Bring a guest Special Offer #2:** Starting June/July of 2008, you will receive a ticket for each guest you bring. The prizes will be posted above the drawing box the first class in June. The tickets will entitle you to the drawing at the last class in July.

### Fees

Unlimited classes during a 30-day period, \$40  
 Drop-in and one-time class, \$10  
 Private 1/2 hour onsite lessons, \$10  
 Ballroom Dance \$60/person, 6 wk course

**POLICIES:** Yoga is best practiced on an empty stomach. It is recommended to refrain from eating a meal or snacking 2-3 hours prior to class. Please wear comfortable clothes and be prepared to remove socks and shoes. Please inform me of any medical issues.