



235 W Main Street - PO Box 1072, Jacksonville, OR (541) 899-0707

www.joyfull-yoga.com - Schedule subject to change*

	Times	Class	Teacher
Monday			
	9:30-10:30am	Pilates inspired core strength with props	Linda Davis
SPECIAL EVENT MAY 17	6:30pm	SOUND HEALING, MEDITATION, GUIDED RELAXATION WITH GONGS, CRYSTAL BOWLS AND MORE Reserve your space here	Louise Lavergne
Tuesday			
	9:30-10:45am	JoyFull- Hatha-Naam Yoga & Meditation	Louise Lavergne
	5:00- 6:10 PM	JoyFull Chi flow Yoga	Louise Lavergne
Wednesday			
		Private sessions	
Thursday			
		TBA	
Friday			
New time	9:30-10:45am	JoyFull- Hatha-Naam Yoga & Meditation	Louise Lavergne
Saturday			
	NO CLASS MAY 1st		
	10-11 :30AM	JoyFull Yoga a blend of Hatha & Naam	Louise Lavergne
Sunday			
		Special Workshops-	

RATES	
Drop in	\$12
5 Class Card Expires in 40 days (if you come mostly 1X a week)	\$55
10 Class Card- Expires in 50 days (if you come mostly 2 X a week)	\$100
Student and Seniors (over 65)	\$10
Harmonic Sound Healing yoga & Meditation	\$15 suggested donation
Classes must be made up within the time period specified	

*Schedule and prices are subject to change. Please call 541-899-0707 for last minute updates
For up coming workshops visit our web site www.joyfull-yoga.com