

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Monthly autodraft: \$65 6 months: \$330	\$100.00 per month – family of 2 \$60.00 – per hour for private sessions	Special offer for returning customers: 50 dollars for 45 days	Special offer for new customers: 65 dollars for 2 months!	February 2019 schedule	1 9:15 a.m. Barre – Ryann 10.30 a.m. Hatha Yoga-Ryann	2 10:30 a.m. Yoga Balance- Hayden 1:00 p.m. Yin Yoga – Chris 2:30 p.m. Special T'ai Chi Chuan Class – Tim (5 dollar for members, 10 dollars for non-members)
3 12:00 p.m. to 12:45 p.m. –Talk & Meditation Sanga – Pat 4:00 p.m. Slow Detox Heated Flow- Alex	4 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Alex 5:45 p.m. Gentle – Susan	5 10:30 a.m. Yoga Balance – Christopher 4:30 p.m. Yoga Stretch- Dr.V 5:45 p.m. Gentle – Carrie	6 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow – Alex 5.45 p.m. Calm & Candles, Restorative - Susan	7 10:30 a.m. Gentle Flow Vinyasa - Dr.V 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m Full Body yoga workout – Christopher	8 9:15 a.m. Barre – Ryann 10.30 a.m. Hatha Yoga-Ryann	9 10:30 a.m. Yoga Balance – Venu 1:00 p.m. Yin Yoga – Chris 2:30 p.m. Special T'ai Chi Chuan Class – Tim (5 dollar for members, 10 dollars for non-members)
10 12:00 p.m. -12:45 p.m. Meditation Sangha – Pat 4:00 p.m. Gentle – Dr.V	11 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Alex 5:45 p.m. Gentle – Susan	12 10:30 a.m. – Yoga Balance – Christopher 4:30 p.m. Yoga Stretch- Dr.V 5:45 p.m. Gentle – Carrie	13 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow – Alex 5.45 p.m. Calm & Candles, Restorative - Susan	14 10:30 a.m. Gentle Flow Vinyasa - Dr.V 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m. Full Body yoga workout – Christopher	15 9:15 a.m. Barre – Ryann 10.30 a.m. Hatha Yoga-Ryann	16 10:30 a.m. Yoga Balance –Hayden 1:00 p.m. Yin Yoga – Ryann 2:30 p.m. Special T'ai Chi Chuan Class – Tim (5 dollar for members, 10 dollars for non-members)
17 12:00 p.m. -12:45 p.m. - Meditation Sangha - Pat 4:00 p.m. Slow Detox Heated Flow – Alex	18 10:30 a.m. Gentle – Ryann 4:30 p.m. – Yoga Flow – Alex 5:45 p.m. Gentle – Susan	19 10:30 a.m. Yoga Balance – Christopher 4:30 p.m. Yoga Stretch- Dr.V 5:45 p.m. Gentle – Carrie	20 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow – Alex 5:45 p.m. Calm & Candles, Restorative - Susan	21 10:30 a.m. Gentle Flow Vinyasa – Class cancelled 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m. Full Body yoga workout – Christopher	22 9:15 a.m. Barre – Ryann 10.30 a.m. Hatha Yoga-Ryann	23 10:30 a.m. Yoga Balance – Hayden 1:00 p.m. Yin Yoga – Ryann 2:30 p.m. Special T'ai Chi Chuan Class – Tim (5 dollar for members, 10 dollars for non-members)
24 12:00 p.m. -12:45 p.m. - Meditation Sangha - Pat 4:00 p.m. Gentle – Dr.V	25 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow – Alex 5:45 p.m. Gentle – Susan	26 10:30 a.m. Yoga Balance – Christopher 4:30 p.m. Yoga Stretch- Dr.V 5:45 p.m. Gentle – Carrie	27 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow – Alex 5:45 p.m. Calm & Candles, Restorative - Susan	28 10:30 a.m. Gentle Flow Vinyasa - Dr.V 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m. Full Body yoga workout – Christopher	Specials! Specials! \$55.00 per month – students, teachers, Nurses, Veterans and seniors (65 +)	
<u>FEBRUARY 2019 SCHEDULE</u> <u>HAVE AN AWESOME 2019!</u> <u>LIKE US ON FACEBOOK!</u> <u>WATCH YOUTUBE VIDEOS:</u> Yoga for Health and Wellness				<u>Membership Drive !Ends March 2019! Awesome low rates!</u> <u>(903) 592-9642</u> <u>windhorseyogastudio@gmail.com</u>		 Special offer for returning customers: 50 dollars for 45 days

Walk-in Rates: \$15.00 during the week / **\$10.00 on the weekend**

Classes begin at scheduled times & the door is locked for safety