

# Akaal Studio

ABUNDANCE WELLNESS CENTER  
325 JOHN KNOX ROAD, BLDG T, SUITE 2  
<http://www.awc-tallahassee.com>

## CLASS SCHEDULE AND INFORMATION

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### MONDAYS

6-7PM HATHA YOGA / JOY

### TUESDAYS

7-9PM NON VIOLENT COMMUNICATION / CINDY BIGBIE

(6 weeks, starts June 8)

### WEDNESDAYS

5:45-7:15PM TRI-YOGA CLASS / LYNNE

APRIL 28 - 6:30PM SONG OF THE HEALING CRYSTAL BOWLS / LINDA

### THURSDAYS

6:45-8:15PM YIN YOGA / CHANTEL

QUESTIONS? CALL OR EMAIL THE TEACHER. SEE TEACHER CONTACT INFORMATION ON  
REVERSE SIDE

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Joy Moore  
(850) 508-4546  
[joyester@aol.com](mailto:joyester@aol.com)

Linda McCue  
(850) 545-3978  
[llmccue@netscape.net](mailto:llmccue@netscape.net)

Lynne Andrews  
(850) 329-7839  
[omlynn@aol.com](mailto:omlynn@aol.com)

Chantel Graham  
(850) 459-5717  
[chantel@divyayogaandmassage.com](mailto:chantel@divyayogaandmassage.com)

Cindy Bigbie  
(850) 294-0058  
[OPI@tallynet.com](mailto:OPI@tallynet.com)

Class Pricing may vary

For registration and payment information, please contact the instructor of the class you wish to attend.

Some mats and blankets will be provided, if you have your own, you may want to bring them.

Flexible clothing is suggested, bring a towel if desired.