

ABUNDANCE WELLNESS CENTER
325 JOHN KNOX ROAD, BLDG T, SUITE 1

www.awc-tallahassee.com

WINTER 2012 CLASS SCHEDULE AND INFORMATION

MONDAY

Prasad Room -9:20-10AM MUSIKGARTEN (Noemi P)
Prasad Room - 10:10-10:55AM MUSIKGARTEN (Noemi P)
Akaal Studio - 6-7PM HATHA YOGA (Joy)

TUESDAY

Akaal Studio - 7-8:15PM KUNDALINI YOGA FOR BEGINNERS (Linda)
Prasad Room - 5:30-6:40PM THERAPEUTIC YOGA (Sonia)
Prasad Room - 7-8PM AWARENESS THRU MOVEMENT (Craig)

THURSDAY

Prasad Room - 11AM-12PM AWARENESS THRU MOVEMENT (Craig)
Prasad Room - 5:30-6:10PM MUSIKGARTEN (Noemi P)
Akaal Studio - 7-8:15PM KUNDALINI YOGA FOR BEGINNERS (Linda)

SATURDAY

Prasad Room - Sep 6 - Dec 3, 9:30-10:15AM MUSIKGARTEN (Patty)
Prasad Room - Sep 6 - Dec 3, 10:20-11:05AM MUSIKGARTEN (Patty)

* TEACHER CONTACT INFORMATION ON REVERSE SIDE

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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.