

# Hatha Yoga

Fall term II 2022

*Volk's Yoga & Pilates Studio, Newport, Oregon*

**Beginning/Gentle Yoga** (this class is suitable both for the beginner and for seniors or those requiring a gentle program) It focuses on basic poses and alignment

Mon. 11:00 am.- 12:00 pm (7 weeks) 10/31 to 12/12 \$70

**Restorative & Chair Yoga** (this class is orientated to those who need a very gentle class or those who have difficulty getting up and down from the floor.)

Wed. 11:00 am.-12:00 pm (7 weeks) 11/2 to 12/14 \$70

**Hatha Yoga--- all levels** (suitable for active beginners and continuing students)

Mon. 9:15-10:30 am (7weeks) 10/31 to 12/12 \$88--(taught by Tina Watanabe)

Wed. 9:30-10:45 am (7weeks) 11/2 to 12/14 \$88

**Unlimited Yoga** (allows you to take as many classes at any times as you like) \$180

**Private Yoga classes-Yoga Personal Training** sessions by appointment \$60 hr.

All classes except the Mon. 9:15 are taught by Instructor Jeany Volk who has over 30 years teaching experience. Jeany teaches many traditional Iyengar as well as Anusara poses in a flowing meditative style.

Pilates personal training as well as Pilates group classes are by appointment.

For more info call Jeany at 541-272-0489 or email: jeany@forinashgallery.com

website www.yogajeany.com visit us on facebook

**All classes are held at Volk's Studio**

Which is located at the Stanley Bldg. Suite B., 615 SW. Hurbert St. in Uptown Newport. From Hwy. 101 Turn west at traffic light onto Hurbert St. Go 1 ½ Blocks and take the driveway to the right, after the CPA bldg., and before McCarthy's Professional bldg. The main entrance is at the back of the building.

**Drop-ins welcome at \$12.00 per 1h-1 ¼ hr class**

**join anytime and class will be prorated---Work study & scholarships available**