

# Hatha Yoga

Winter term II 2023

*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) 2/ 27 to 4/10 \$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) 3/1 to 4/12 \$70

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

Wed. 9:30-10:45 am (7weeks) 3/1 to 4/12 \$88

**Hatha Yoga One Day Workshops** (taught by Tina Watanabe)

Hip Openers ---- Mon. 9:15 to 10:30 3/13 \$15

Spinal Twists ---- Mon. 9:15 to 10:30 3/20 \$15

Heart Openers ---- Mon. 9:15 to 10:30 4/3 \$15

**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 Yoga workshops 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](mailto:jeany@forinashgallery.com)

website [www.yogajeany.com](http://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-\$15 per 1 ¼ hr class**

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