

# Hatha Yoga

Spring Term 2023

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

**Gentle Yoga** (this class is suitable both for the beginner and for seniors and those who require a gentle program)

**Mon.** 11:00 am-12:00 pm (7 weeks) 4/24 to 6/5 \$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-12:00pm (7weeks) 4/26 to 6/7 \$70

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

**Mon.** 9:15-10:30 am (7 weeks) 4/24 to 6/5 \$88---(taught by **Tina Watanabe**)

**Wed.** 9:30am- 10:45 am (7 weeks) 4/26 to 6/7 \$88

**Unlimited Yoga** (allows you to take as many classes at any times as you like) \$190

**Private Yoga Classes---Pilates Personal training** \$60 hr.

All classes except the Mon. 9:15 class 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**

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### **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 Antique store and before McCarthy's Professional bldg.

The main entrance and primary parking is around the back of the building

**Drop-ins welcome at \$12.00 per 1 hr.---\$15.00 per 1 1/4 hr. class**

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