

Hatha Yoga

Spring term 2024

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 (8 weeks) 3/11 to 4/29 \$80

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 (8 weeks) 3/13 to 5/1 \$80

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

Mon. 9:15-10:30 am (*7 weeks) 3/11 to 4/29 \$88--(taught by **Tina Watanabe**)

*Please note this class does not meet on 3/25

Wed. 9:30-10:45 am (8 weeks) 3/13 to 5/1 \$100

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

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 1hr.--\$15.00 per 1 ¼ hr class

Work study & scholarships available