

# Hatha Yoga

**Spring Term 2025**

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

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

**Mon.** 11:00 am.- 12:00 pm (8 weeks) 3/10 to 4/28 \$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) 3/12 to 4/30 \$ 80

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

**Mon.** 9:15 -10:30 am (7 weeks) 3/10 to 4/28 \$88

(Taught by Tina Watanabe) **NOTE:** No class on March 24th

**Wed.** 9:30 -10:45 am (8 weeks) 3/12 to 4/30 \$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: **yogajeany@gmail.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 hr.-- \$15.00 per 1 ¼ hr class**

**Work study & scholarships available**