

# Hatha Yoga

**Winter 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 (7 weeks) 11/3 to 12/15 \$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) 11/5 to 12/17 \$ 70

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

**Mon.** 9:15 -10:30 am (7 weeks) 11/3 to 12/15 \$88

(Taught by Tina Watanabe)

**Wed.** 9:15 -10:45 am (7 weeks) 11/5 to 12/17 \$105

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

All classes except the Monday 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: **[yogajeany@gmail.com](mailto:yogajeany@gmail.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 \$12.00 / 1 hr. class -- \$15 / 1 ¼ hr class -- \$18 / 1 ½ hr class**

**Work study & scholarships available**