



Tamarack | Yoga Program

WELLNESS CENTER

REGISTRATION OPEN FOR UPCOMING SERIES

April 7th - June 2nd Mondays, 6:30 – 7:45p.m.	Qigong Series	\$70/\$65	Oliver
April 8th - June 10th Tuesdays 5:45 – 7:15p.m.	Beginning Series	\$90/\$84	Lynne
April 9th - May 28th Wednesdays 6:00 – 7:00p.m.	Introduction to Yoga	\$65/\$60	Dave
April 10th - May 29th Thursdays 11:45 – 1p.m.	Qigong Series	\$70/\$65	Oliver
April 10th - June 12th Thursdays 5:30 – 7:00p.m.	Anusara Series/Active Beginning	\$90/\$84	Michele
April 14th - May 19th Mondays 9:30 – 10:30a.m.	Nia Series	\$44/\$42	Janet
April 29th - June 3rd Tuesdays 11:30 – 1:00p.m.	Yoga Plus Series	\$60/\$55	Donna
May 1st - May 22nd Thursdays 4:00 – 4:20p.m.	Yoga For Kids (Ages 4-6)	\$16	Vandana
May 1st - May 22nd Thursdays 4:30–5:00 p.m.	Yoga For Kids (Ages 7-9)	\$20	Vandana
May 7th - May 28th Wednesdays 6:45 – 7:45a.m.	Sunrise Yoga Series	\$32/\$30	Lynne

Workshops

May 3rd Saturday 3:00 – 5:30p.m. Acro Yoga \$25adv./\$30dr. Tyler Blank / Donna Carroll