

Tamarack Yoga Program Holiday Schedule • 484-6100 • www.tamarackwellness.com
December 22nd - January 4th (New Schedule Starts Jan. 5th)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|-----------------------------|-----------------------------|-----------------------------|--|---|
| 22 5:30 – 7:00pm Cont./Int. with Sam 6:00 – 7:30pm Anusara Inspired Beg./Cont. with Kelly 6:30 – 7:45pm Qigong with Oliver | 23 9:00 – 10:30am Cont./Int. with Sam 9:30 – 11:00am Gentle Yoga For Women with Donna 6:00 – 7:30pm Anusara Inspired All Levels with Karen | 24 No Classes | 25 No Classes | 26 No Classes | 27 8:00 – 9:30am Anusara Inspired Cont./Int. with Tom 10:00 – 11:30am Simply Yoga All Levels with Lynne | 28 9:30 – 11:00 am Shoshi Yoga All Levels with Shoshanah |
| 29 6:00 – 7:30pm Anusara Inspired Beg./Cont. with Kelly | 30 9:30 – 11:00am Gentle Yoga For Women with Donna 6:00 – 7:30pm Anusara Inspired All Levels with Karen | 31 No Classes | 1 No Classes | 2 No Classes | 3 8:00 – 9:30am Anusara Inspired Cont./Int. with Tom 10:00 – 11:30 am Simply Yoga All Levels with Lynne | 4 9:30 – 11:00 am Shoshi Yoga All Levels with Shoshanah |

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Tamarack | Yoga Program

WELLNESS CENTER

**3575 Donald St.
Eugene, Oregon 97405
484-6100
www.tamarackwellness.com**

| Fees: | Regular | Discounted* |
|---|----------------|--------------------|
| Drop-in | \$11 | \$9 |
| 4 classes (use in 6 wks) | \$40 | \$34 |
| 8 classes (use in 10 wks) | \$70 | \$65 |
| 10 week series | \$90 | \$84 |
| Unlimited Drop-Ins: | | |
| 30 Day unlimited | \$90 | \$85 |
| 60 Day unlimited | \$170 | \$155 |
| 90 Day unlimited | \$230 | \$210 |
| 14 Day unlimited (new students only) | \$20 | |

*Discounted rate is for students, seniors (60 and over), hospice volunteers, prenatal and postnatal classes.

Please help keep yoga time sacred for all by turning off cell phones, not wearing cologne or scent and arriving on time.
Thank you.

Please visit our web site on the most up-to-date information regarding classes and workshops.



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