

## YogaXoga 2008 Spring & Summer Schedule

Mon	Tue	Wed	Thurs	Fri
				<b>9:30 – 10:30 a.m.</b> <b>Christ-Centered Yoga</b> <b>Covenant Chapel</b> <b>13300 Kenneth Road</b> <b>Leawood</b>
	<b>3:30 – 4:30 p.m.</b> <b>YogaXoga at YogaFix</b> <b>2000 Shawnee Msn</b> <b>Pkwy, LLI</b> <b>(Sh. Msn. Pkwy &amp;</b> <b>State Line)</b> <b>*Begins May 20th</b>		<b>3:30 – 4:30 p.m.</b> <b>YogaXoga at YogaFix</b> <b>2000 Shawnee Msn Pkwy,</b> <b>LLI</b> <b>(Sh. Msn. Pkwy &amp; State</b> <b>Line)</b> <b>*Begins May 22<sup>nd</sup></b>	
			<b>5:30 – 6:30 p.m.</b> <b>Christ-Centered Yoga</b> <b>Leawood United</b> <b>Methodist</b> <b>2915 W. 95<sup>th</sup> St.</b>	
	<b>7:50 – 8:50 pm.</b> <b>Demystified Yoga™</b> <b>Old Mission Methodist</b> <b>5519 State Park Rd.</b>		<b>7:15 – 8:15 p.m.</b> <b>Demystified Yoga™</b> <b>Lenexa Methodist</b> <b>9138 Caenen Lake Rd.</b>	

**Heidi Valenzuela, Registered Yoga Teacher**  
**913.345.8206**  
[www.yogaxoga.com](http://www.yogaxoga.com)

**NEW! YogaXoga begins teaching classes at YogaFix:**

**Free Class** Saturday May 17<sup>th</sup> 3:30 – 4:30 p.m. Class is the same format as Demystified Yoga™ Classes. Pricing varies by packages – see [www.hotyogakc.com](http://www.hotyogakc.com) or call 913-384-3200.

**Demystified Yoga™:**

**Lenexa Methodist & Old Mission United Methodist:**

All classes are mixed level. No childcare provided.

**NEW STUDENT SPECIAL:** 2 Classes for \$12 (1 mo. exp.)

Walkin: \$12 per class. Class passes: \$55 for 6 and \$80 for 10 (3 month exp. on all class passes)

**Christ-Centered Yoga:**

**At Leawood United Methodist:** Classes are \$20 per month (or \$5 per class), paid at the beginning of the month. Call Heidi Valenzuela at 913.345.8206 to register.

**At Covenant Chapel:** No cost – offerings accepted. Childcare is not provided.

**Note:** You don't need to be a member of any of the above churches to attend class – all are welcome!

If you have a yoga mat, please bring it to class. We have a few available to borrow.

**No Classes: Week of June 23<sup>rd</sup> – 27<sup>th</sup> and Friday, July 4<sup>th</sup>**