

July 2024

Mindful Movement with Vanessa:
Hatha YOGA - Belly DANCE

Tuesday	Wednesday	Thursday	Friday	Saturday
Early Bird Yoga 7:00 - 8:00 AM <i>All Levels</i>		Early Bird Yoga 7:00 - 8:00 AM <i>All Levels</i>		
Balancing Yoga 10:00 - 11:00 AM <i>Level 2 - 3</i>	Beginners' Yoga 10:00-11:00 AM <i>Level 1</i>	Beginners' Yoga 10:00-11:00 AM <i>Level 1</i>	Balancing Yoga 10:00 - 11:00 AM <i>Level 2 - 3</i>	Enthusiasts' Yoga Please note: Asana includes inversions 10:00 AM - 12:00 PM <i>Level 3 - 4</i>
Belly Dance 5:30 - 6:30 PM <i>All Levels</i>		Belly Dance 5:30 - 6:30 PM <i>All Levels</i>		

Level 1
Complete beginners,
no yoga experience

Level 2
Experienced
beginners

Level 3
1+ years of
yoga practice

Level 4
3+ years of
yoga practice

Sign-up for my Newsletter at: www.YogiBelly.Dance

HATHA YOGA CLASSES: we have sticky mats and all the props available for you to borrow. You are welcome to bring your own as convenient for you.

BELLY DANCE: wear clothes that allow freedom of movement, I have coin scarves to borrow and a fun, international fusion music playlist!

Drop-in Class: One-hour \$15 / Yoga Skills \$25

Class Packs: Six class hours \$60
Twelve class hours \$120
Twenty class hours \$200

New Student: 4 class hours + 30 min Private* \$60

*A 1 on 1 introduction before attending your first class

Private Lesson:** 1 hour (1-2 students) \$60

**Personal instruction for current students

See the most current schedule at: www.yogibelly.dance



Mindful Movement
for greater joy, health & spirit



Location: Gold Beach Wellness Center

29513 Ellensburg Ave, Ste. 6
Gold Beach, OR

Silver building across from High School
Entrance is at the Back of the building

Vanessa@YogiBelly.Dance

458-205-1685