

Fall Schedule 2019



Studio Owners

Lori Head
(208)251-2047

Education:

PhD: Adult Education
MA: Higher Education/Dance
BS: Physical
Education/Science

Certifications:

Physical Mind Institute Pilates
& Mat Equipment
NETA Yoga
Gyrokinesis
Feldenkrais Practitioner

Stella Sandquist
(208)234-2204

Experience:

Yoga Instructor since 1986
Yoga Studies with:
B.K.S & Geeta Iyengar,
1988, Pune, India
Faeq Biria
Carolyn Belko
Ann Richards
Neeta Datta

<p><u>Monday</u></p> <p>9:15-10:15AM Ease Into Yoga</p> <p>6:15-7:45PM Yoga II, Intermediate</p> <p>6:00-7:00PM Adult Tap @Van Gogh</p>	<p><u>Tuesday</u></p> <p>9:15-10:15AM Beginning Kundalini</p> <p>12:00-1:00PM Yoga/Pilates</p> <p>5:45-6:45PM Yoga I Beginner</p> <p>7:00-9:00PM Gate City Dojo</p>	<p><u>Wednesday</u></p> <p>9:15-10:15AM Ease Into Yoga</p> <p>12:00-1:00PM Yoga I/II</p> <p>5:15-6:15PM All Levels Yoga</p> <p>6:20-7:20PM Zumba</p> <p>7:30-8:30PM Ballroom Dance</p>	<p><u>Thursday</u></p> <p>NEW! 9:15-10:15AM Introduction to Pilates*</p> <p>5:15-6:15PM Stress Less Yoga</p> <p>7:00-9:00PM Gate City Dojo</p>
<p><u>Friday</u></p> <p>5:15-6:30PM Vinyasa Flow Yoga</p> <p>NEW! 6:45-7:45PM Argentine Tango*</p>	<p><u>Saturday</u></p> <p>Workshops: When the cold weather hits- Find out how to keep the cold away by checking out our website!</p>	<p><u>Sunday</u></p> <p>3:00-4:15PM Yin Yoga</p>	

*Classes may be canceled after a 3-week trial period determined by participation

Instructors

Ashley Ames	Kathy Olsen
Julie Frischmann	Mary Schmidt
Whitney Griggs	Diana Schow
Victoria Byrd	Bunny Walsh
Marian Twitchell	Earl Coffman
Jennifer Toleman	Melinda Jahsman
Barb North	Ethan Likness

Class Prices

~Drop-In \$10
~10 Class Punch Card \$75
~1 Month Unlimited \$90

Check us out **ONLINE** or on **Facebook and Instagram**

@MINDYOURBODYPOCATELLO

Massage Therapists

Jessica Kowallis	(208)705-8175
David Wardell	(208)715-1917

Foot Zoner

Becki Parks	(208)220-2796
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Private Pilates Sessions

Lori Head	(208)251-2047
Mary Schmidt	(208)238-3270
Ashley Ames	(208)406-3421

International Karate

Marian Twitchell	(208)240-3502
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