



Class Schedule

October/November 2011

Check www.theBindu.com for any schedule/series updates

Monday

- 9:30-10:45 Basic/Mixed Level Yoga – Mary
- 12:00-2:00 Advanced Practice - Kelley
- 4:30-5:30 Vinyasa – Kelley
- 4:30 – 5:30 Kids Yoga Series (ends 11/14) – Patti

Tuesday

- 8:00-9:15 Smart Stretch-Yin/Yang Yoga (All Levels)- Lisa
- 9:30-10:45 Mixed Level Anusara Yoga – Kelley
- 6:30-7:45 Basic Yoga & Guided Relaxation- Sari
- 6:30-7:45 Meditation & Mindfulness - Tilopa

Wednesday

- 9:30-10:45 Mixed Level Yoga – Patti
- 4:30 – 5:30 Vinyasa - Kelley
- 6:30-7:45 Slow Flow Vinyasa – Sally

Thursday

- 8:00-9:15 Intermediate/Advanced Yoga – Sari
- 9:30-10:45 Mixed Level Anusara Yoga – Kelley
- 1:00-6:00 Community Acupuncture:Abe 704.483.5441
- 7:00-8:15 Smart Stretch-Yin/Yang Yoga (All Levels)- Lisa

Friday

- 9:30-10:45 Mixed Level Yoga - Pam

Saturday

- 9:00-10:15 Mixed Level Yoga – Sari

Sunday

- 9:00-10:15 Mixed Level Anusara Yoga – Kelley

11138-C Treynorth Dr Cornelius | 704.237.3635
theBindu.com | info@theBindu.com

Fees & Policies

Class Passes

Drop In Pass	\$15
5 Class Pass (expires 2 months from first class)	\$65
10 Class Pass (expires 4 months from first class)	\$110
20 Class Pass (expires 6 months from first class)	\$200
Weekly Unlimited	\$35
4 Week Unlimited	\$135
3 Month Unlimited	\$330

NOTE: Class Passes, Living Social & Groupon Passes are valid for any class on the schedule, excluding those marked as Series or Specialty Class. Please note that we no longer accept First Class Free passes.

First Time Student Special

3 Class Pass (Valid for 3 weeks)	\$20
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Series/Specialty Classes

Kids' Yoga	\$9
Kids' Yoga (additional sibling)	\$8
Meditation (cash/check only)	\$10
Meditation Student Rate (cash/check only)	\$8

Discounts

Full-time students	\$10/class
Seniors (65+)	15% Discount

No additional discounts can be applied to series, specialty classes, student or senior rates.

HOLIDAY SCHEDULE

11/23 – 9:30am Mixed Level ONLY

11/24 – No Classes

11/25 – 9:30 Thanksgiving Yoga Style ONLY

(1.5 hour class with Kelley – guests enjoy a \$12 drop in rate)

11/26 – Regular Schedule resumes thru 12/23

12/24 & 12/25 – No Classes

12/26 – 12noon Advanced Practice ONLY (2 hrs)

12/27 – Regular Schedule resumes thru 12/30

12/31 – No Classes

1/1/12 – 11am New Year's Day Yoga ONLY (1.5 hrs)