

hot yoga wednesdays

hot flow yoga for the cold stiff winter!



SANGHA YOGA

*Downtown Kalamazoo's Center for Yoga,
Meditation & Movement*



six week semester: \$80/ \$16 drop-in

HOT AM YOGA: Wed: 6:00am – 7:15am

Join Kristin Fiore for early morning yoga in a heated room and get your day started off right. This mid-week class combines vinyasa flow and breath work to develop a clear and focused mind. *(Showers available at the Fitness Spot right next door.)*

HOT VINYASA: Wed: 6:45pm – 8pm

Join Jerry Givens and push through your mid-week slump with a high-energy vinyasa flow class in a heated room that combines sun salutations, classical yoga poses and breath work.

upcoming start dates:

Jan 4th – Feb 8th

Feb 15th – Mar 21st

**some yoga experience is recommended*

PRE-REGISTRATION RECOMMENDED. Mail check for \$80 with this form to Sangha Yoga

Name(s) _____

Contact # _____ Email _____

Please write the dates, number of attendees, & total payment enclosed next to the class below

HOT 6AM YOGA: Dates: _____ # of participants _____ (X) \$80 = \$ _____

HOT VINYASA 6:45PM: Dates: _____ # of participants _____ (X) \$80 = \$ _____



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