



Day	Time	Class	Teacher	TADASANA A YOGA & PILATE'S STUDIO Located by Gold's Gym 4070 Airport Center Drive Palm Springs, California 92264 www.tadasanastudio.com
Monday	10:00-11:00am 6:00—7:00pm	Gentle/Restorative Yoga Mat Pilates	Donna Riley Nancie Larson	
Tuesday	TBA 5:30 -6:45 pm	Belly Dancing Power Yoga	Jesenia Jayne Robertson	Each instructor is responsible for setting fees for their own classes. We are, however, striving to align our fee scales to best serve you, our students. Packages of classes may be purchased on a sliding scale with prices ranging from \$10/class —\$15/class depending on how many you buy. Please visit the current Tadasana website for instructor contact info Donna: 760.219.2090 Jayne: 760.333.2339 Angela: 760.329.9087 Jesenia: 760.333.8794 Nancie: 760.898.1154
Wednesday	10:00-11:00 am TBA	Gentle Yoga Belly dancing	Donna Riley Jesenia	
Thursday	5:00 -6:00 pm 6:10-7:10pm	Beginners Yoga Mat Pilates	Jayne Robertson Nancie Larson	
Friday				
Saturday				
Sunday	10:00-11:00am	Yoga Basics & Beyond	Angela Raney	

Belly Dancing: Belly dance movements are natural to a women's muscular and skeletal structure and are low impact. Belly dancing engages the body, mind and spirit, enabling every woman to celebrate the eternal feminine being within herself. Women only please.

Mat Pilate's : Strengthen, lengthen, and tone your body with Pilate's exercises. This is a unique all in one workout focusing on the muscles of the powerhouse. This class is suitable for all fitness levels interested in increasing strength and muscular definition.

Power Yoga: This class features a powerful, energetic flow of intermediate to advanced yoga postures with yogic breathing techniques and includes deeper postures as well as balancing and inverted postures. Enjoy a unique aromatherapy experience and finish in Savasana

Yoga Basics & Beyond: This restorative class focuses on the therapeutic benefits of yoga poses and incorporates the use of props and modifications to reduce stress on joints and prevent injury. We will focus on refining body alignment, strengthening core muscles and breathing techniques to address musculoskeletal issues as well as to enhance organ and immune function. For both the beginner and intermediate student.

Beginner's: A great starting place to begin a yoga practice or even to revisit the basics regardless of your level.

Gentle/Restorative: Easy and basic postures mostly done on the floor with blankets and props for support.