



SCHEDULE

FEBRUARY 2009

CLOSED PRESIDENT'S DAY, Feb. 16



YOGA STUDIO
CHIROPRACTIC &
WELLNESS CENTER
DR. ANN ERNISH

Specializing in Chiropractic Care for:

- Infants, Children, Adults
- Athletes
- Pregnancy and Post-Natal

EMAIL

Dr. Ann Ernish
drannernish@gmail.com

Administration & Questions:
Mary Wild
eycc@sbcglobal.net

WEBSITE ADDRESS:
itsyogasthelena.com

1224A Adams St.
St Helena, CA 94574
707-968-9803 (o)
707-968-9256 (f)

CLASS TIMES

Beginning Yoga Students are encouraged to attend our Tuesday, Thursday or Sunday morning classes.

MONDAY- DROP IN

February 2, 9, 23
6:00-7:15 pm Budokon w/ Dr. Ann

TUESDAY- DROP IN

February 3, 10, 17, 24
7:45-8:45am Early Bird Callanetics
9:00-10:00 am Better Backs Yoga w/Ann Innes

WEDNESDAY- No Class

February 4, 11, 18, 25

THURSDAY DROP IN

February 5, 12, 19, 26
9:00 Better Backs Yoga w/Ann Innes

FRIDAY- DROP IN

February 6, 13, 20, 27
9:00-10:00am Callanetics w/ Ann Innes all levels
10:45-12:15 Pilates /Yoga Combo w/Susan Branum
Fridays Feb. 6, 13, 20

SATURDAY- DROP IN

February 7, 14, 21, 28
9:00-10:15 am Budokon all levels w/Dr. Ann

SUNDAY--DROP IN

February 1, 8, 15, 22
9:00-10:00 am Vinyasa Inspired w/ Ann Innes

Private /Semi-Private classes available
Recommended to Beginners. Great for birthdays, girls night out, office events

CLASS DESCRIPTIONS

Budokon: A mind and movement art that draws from yogic, martial arts and meditation traditions, seamlessly blending the three into one revolutionary practice.

Better Backs /Slow flow: A slower paced class integrating the whole body in a challenging & restorative series of postures. Move fluidly through inversions, spinal twists, hip and hamstring openers and abdominal strengtheners with special emphasis on breath. All fitness levels.

Callanetics: A unique and remarkably effective, non-impact fitness program that works the body's muscles very deeply giving visibly firm results.

Pilates/Yoga Combo Class: Focuses on locating and using Core muscles. Pilates Mat repertoire. Develop strength, clarity, fuller presence in Body & Mind. Benefits by integrating Yoga, Pilates, Meditation, hands-on support & Restorative Yoga and Breathing.

CLASS FEES

Drop In: \$15 /Class

10 Class Card Available
Valid for 3 months: \$120

- Gift Certificates also available.
- Yoga Mats available to buy/rent.

Special Friday Class
Pilates & Yoga Combo

10:45 am -12:15 pm
Contact Susan Branum

sb@susanbranumstudio.com

