

Copper Crane Yoga

winter 2010
2 January - 30 April

Mon	7:45 - 9 am	Evolve Your Personal Practice	Kate Bloom Whitman
	9:30 - 10:30 am	Little Yogis, 18 mos-3yrs	Kelly Hickey
	3:30 - 4:30 pm	Kids, K-3rd	Kelly Hickey
	6 - 7:15 pm	Gentle	Jane Michaud
	7:30 - 8:30 pm	Beginner*	Jane Michaud
Tue	9 - 10:30 am	Heart Hatha - M	Kate Bloom Whitman
	5:30 - 7 pm	Yoga for Gardeners 3/16 - 3/30	Sansea Sparling
	5:30 - 7 pm	Yoga for Cyclists 4/4 - 4/27	Janet Chill
Wed	7:30 - 8:30 am	Vinyasa - M	Janet Chill
	9 - 10:30 am	Shambhava Hatha - M	Christina Caniyo
	3:30 - 4:30 pm	Kids, 4th-6th	Kelly Hickey
	5:30 - 7 pm	Anusara-inspired - M	Carolyn Conner
Thu	9 - 10:30 am	Anusara-inspired - M	Carolyn Conner
	5:30 - 7 pm	Yin - G Begins 2/4	Sansea Sparling
Fri	9 - 10:30 am	Vinyasa - G 1/8 - 1/29	Janet Chill
	9 - 10:30 am	Nasara - G 2/5 - 4/30	Sansea Sparling
Sat	9 - 10:30 am	Vinyasa - M	Rebecca Brinton
	4 - 5:30 pm	Pre-natal	Rebecca Brinton
Sun	4:30 - 6 pm	Hatha - M	Ila Halby

\$14/class (walk-in)
\$60/5 class card (2 months)
\$110/10 class card (4 months)
\$200/20 class card (6 months)
Private yoga by appt.
Thai Yoga Bodywork and
Zero Balancing with
Carolyn Conner by appt.

we accept cash, check &
credit cards via PayPal

* See reverse for details.

See website for class descriptions
and teacher bios

See reverse for additional classes
and workshops

G - Gentle, M - Moderate

Be Yourself Here

179 Main Street Vergennes, VT 05491 | 802-877-3663
info@coppercraneyoga.com | www.coppercraneyoga.com

*Beginner Yoga

with Jane Michaud

Mondays 7:30 - 8:30 pm, 3-week series \$35
1/4 - 1/25 (no class 1/18) & 2/1 - 2/15

Wudang Primordial Qigong

with Rich Marantz

1st Saturday of the month

2/6, 3/6, and 4/3

1 - 4 pm

\$50/each

Yin Yoga Workshop

with Sansea Sparling

Saturday 3/13 - Sunday 3/14

12 - 3:30 pm

Yoga Day, our 4th annual benefit
for the Lance Armstrong Foundation's
LIVESTRONG Challenge

Saturday January 30, 2010

See website and flyers for details

Burlington Yoga Conference

Saturday May 1

The Davis Center, UVM

<http://www.burlingtonyogaconference.com/>