

NEW 2008 YOGA SCHEDULE

Experience the ancient secrets of youth, vitality and radiant health in a positive and nurturing environment. Reduce stress and increase strength, flexibility, balance and focus. Look and feel great! All levels of fitness are welcome.

Place:

Sports-A-Rama

Shops of Old Town
736 Johnson Ferry Road
Marietta, GA 30068
(770) 977-9789

Dates: Seven week session from Friday, October 3 - Monday, November 17

FRIDAYS

9:30-11:00 a.m.

October 3

October 10

October 17

October 24

October 31

November 7

November 14

SUNDAYS

10:00-11:30 a.m.

October 5

October 12

October 19

October 26

November 2

November 9

November 16

MONDAYS

9:30 – 11:00 a.m.

October 6

October 13

October 20

October 27

November 3

November 10

November 17

Investment:

1 class per week \$90 (7 classes)

2 classes per week \$165 (14 classes)

3 class per week \$200 (21 classes)

Walk in per class: \$15

Credit Cards are accepted.

Make checks payable to **Sports-A-Rama/Top Dog Sports.**


Payment is due the first day of class.

Pre-register with Susan Palace by email or online at www.kidvisions.net.

Private Sessions are available for adults, teens, kids and families. New students are always welcome. Contact Susan for information.

TREASURE YOURSELF!!!!

ABOUT THE INSTRUCTOR



Yoga instructor Susan Fisher Palace, owner of The Yoga Palace, has been studying and teaching yoga and meditation since 1985. She is a Registered Yoga Teacher (RYT) and a certified Integrative Yoga Therapist (IYT) with experience and training in many types of yoga and meditation including Anusara, Iyengar, Ashtanga, Kripalu, Bikram, Kudalini and Phoenix Rising. Susan is trained in YogaKids and conducts parent/child classes and workshops. She created an internationally distributed audio CD, KidVisions: Empowering Children through Relaxation and Imagination. Go to www.kidvisions.net to listen. She holds an MBA from the University of Texas and worked in the healthcare field for 10 years. Susan is married and has 2 young children who provide constant inspiration.

For more information:

Contact Susan at 770-977-0062 or spalace@bellsouth.net