

WHITE LOTUS YOGA



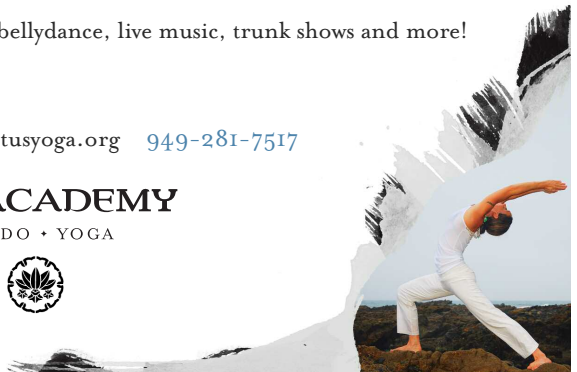
- MONDAY** 9-10:15 Yang Power Yoga Laura
12:15-1:15 KickFit Jacob (*check facebook for class dates*)
7:15-8:15 Bellydance Sarah *5 week series through 12/13*
- TUESDAY** 11-12 Yin Yoga Dana/Lulu
12:15-1:15 Yang Yoga Lulu *5 week series through 12/22*
5:15-6:15 Youth Ashtanga Yoga (*through 12/14*)
- WEDNESDAY** 9-10:30 Yang Yoga Lulu
11-12 Restorative Yoga Lulu *5 week series through 12/22*
12:15-1:15 Bellydance Lulu *5 week series through 12/22*
5:45-7:30 Yang Warrior Yoga Dana/Guests *
- THURSDAY** 9-10:30 Yang Yoga Sasha (*Off 11/25*)
11-12 Yin Yoga Lulu (*Off 11/25*)
12:15-1:15 KickFit Dava (*Off 11/25, 12/23, 12/30*)
- FRIDAY** 9-10:30 Yang Warrior Yoga (*Off 11/26, 12/24, 12/31*)
4:05-5:05 Youth Hatha/Kundalini/Tibetan (*through 12/17, Off 11/26*)
- SATURDAY** 8-9:15 Yang Yoga Laura (*Off 11/27, 12/25, 1/1*)
9:30-10:30 Yin/Yang Family Yoga (*Off 11/27, 12/25, 1/1*)
- SUNDAY** 5-6:15 Restorative Yoga Sasha

- > "Like" us on facebook for current schedules and special events, including:
Yin/Yang Retreat at Spa Montage Dec 5-7, Mammoth Snowboard Camp Dec 17-22
- > Yoga Party December 15: yoga, bellydance, live music, trunk shows and more!

Laguna Beach www.whitelotusyoga.org 949-281-7517

CHO'S ACADEMY

TAE KWON DO • YOGA





WHITE LOTUS YOGA DECEMBER SPECIALS:

Buy a gift certificate for a friend and receive 20% off your next series.

Enroll in monthly unlimited classes in 2011 for only \$120 a month, Youth & Adults.

Families sign up together, get an additional 10% off each family member, maintain savings all year.

Buy 3 Private sessions, get one FREE!

ONLY in December, 10 classes for \$100.