

The Yoga Center

774-Yoga (774-9642)

Directors Vickie Labbe & Jennifer Cooper

Join our email list at maineyoga.com and subscribe.

Workshops

YAMUNA BODY ROLLING – Jennifer Cooper

Saturday, July 14, 9:30-11AM \$20

ESSENTIAL OILS

Wednesdays, 11:30-1 PM Free

May 30 - Favorite Summer Oils

June 13 - Bug Out: Protecton

June 20 - Pain & Inflammation

FREE CLASSES

June 5 Tuesday, 5:30-7PM (w/Restorative)

June 6 Wednesday, 6:30-8 PM (gentle)

June 8 Friday, 9:30-11AM

June 11 Monday, 7:30-9PM

June 5 9:15-10:15AM Yamuna Body Rolling

Great location with free parking!

449 Forest Ave. Plaza Building (just off Baxter Boulevard near Back Cove)

To register, please send payment to:

The Yoga Center • www.maineyoga.com

PO Box 1243 • Portland, ME 04104

Yoga Vacations – Yoga in the Yucatan

Our 23rd year! – March 16-23, 2019

with Vickie Labbe and Michael Doyle

Special early price – only \$1,269*

Includes 7 nights lodging, 8 meals, daily yoga and more.

Check website for details

Summer Schedule 2018

General Yoga Classes – Appropriate for all levels including beginners.

Monday	9:30-11 AM	Nicole Gordon	June 11	9 weeks	\$135
Monday	5:30-7 PM	Jennifer Cooper	June 11	9 weeks	\$135
Mon (w/Yamuna)	7:30-9 PM	Jennifer Cooper	June 18	8 weeks	\$125
Tues (yin yoga)	8-9 AM	Nicole Gordon	June 12	9 weeks	\$99
Tues (w/Restorative)	5:30-7 PM	Vickie Labbe	June 12	9 weeks	\$135
Wednesday	9:30-11:15 AM	Jennifer Cooper	June 13	8 weeks	\$125
Wednesday	6:30-8 PM	Michael Doyle	June 13	8 weeks	\$125
Friday	6-7:30 AM	David Reese, PT	June 15	9 weeks	\$135
Friday	9:30-11 AM	Jennifer Cooper	June 15	9 weeks	\$135

Restorative Yoga

Thursday	5:30-7 PM	Joanne Sullivan	June 14	9 weeks	\$135
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Therapeutic Program

Thursday	10-12 PM	Vickie Labbe with Kenneth Kohl, LMT	June 14	9 weeks	\$195
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Meditation & Yoga

Saturday	11:30-1 PM	Vickie Labbe	June 2	5 weeks	\$75
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The Feldenkrais Method®

Tuesday	10:30-12PM	Marilyn Hardy	June 5	4 weeks	\$70
			July 10	4 weeks	\$70

Yamuna Body Rolling®

Tuesday	9:15-10:15AM	Jennifer Cooper	June 12	8 weeks	\$89
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Summer Specials:

Ongoing Students – Buy one, get one FREE

Students new to The Yoga Center – ½ price for session

No classes July 3, 4, 5

Single classes if available \$18.50 (one hour classes - \$15)

Feldenkrais \$20 • Therapeutic – \$25 by pre-arrangement

20% discount for 2 or more classes per week (10% off therapeutic and Feldenkrais)

Unlimited monthly pass – \$108 • 6 months – \$550 • 1 year – \$1,000 (excludes therapeutic)

\$10/class surcharge for Feldenkrais with pass