



774-Yoga

Directors Vickie Labbe
& Jennifer Cooper

Workshops

RESTORATIVE YOGA – Vickie Labbe

Tuesday, June 6, 5:30-7:30 PM \$20

YAMUNA BODY ROLLING – Jennifer Cooper

Saturday, June 24, 9-11 AM \$20

Special for New Students:

½ off Summer Session

(excludes Feldenkrais & Therapeutic)

FREE CLASSES

June 9 Friday, 9:30-11 AM

June 12 Monday, 9:30-11 AM

June 12 Monday, 7:30-9 PM

June 16 Friday, 1-2:15 PM (gentle)

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 22nd year! – March 17–24, 2018

with Vickie Labbe and Michael Doyle

Special early price – only \$1,269*

Send deposit of \$569 to The Yoga Center by June 30.

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

*balance not due until Jan. 2018 – based on double occupancy

Summer Schedule 2017

General Yoga Classes – Appropriate for all levels including beginners.

Monday	9:30-11 AM	Nicole Gordon	June 19	8 weeks	\$120
Mon (gentle)	4-5 PM	Maria Gabriel Drake	June 12	8 weeks	\$89
Monday	5:30-7 PM	Jennifer Cooper	June 12	9 weeks	\$129
Mon (w/Yamuna)	7:30-9 PM	Jennifer Cooper	June 19	8 weeks	\$120
Tues (yin yoga)	8-9 AM	Nicole Gordon	June 13	9 weeks	\$99
Tuesday	5:30-7 PM	Vickie Labbe	June 13	9 weeks	\$129
Wednesday	9:30-11:15 AM	Jennifer Cooper	June 14	9 weeks	\$129
Wednesday	6:30-8 PM	Michael Doyle	June 14	5 weeks	\$69
Friday	6-7:30 AM	David Reese, PT	June 16	9 weeks	\$129
Friday	9:30-11:15 AM	Jennifer Cooper	June 16	9 weeks	\$129
Friday (gentle)	1-2:15 PM	Joanne Sullivan	June 23	8 weeks	\$120

Restorative Yoga

Thursday	5:30-7 PM	Vickie Labbe	June 15	9 weeks	\$129
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Therapeutic Program

Thursday	10-12 PM	Vickie Labbe with Kenneth Kohl, LMT	June 15	9 weeks	\$189
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Meditation & Yoga

Saturday	11:30-1 PM	Vickie Labbe	June 10, 17, 24	3 weeks	\$39
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The Feldenkrais Method®

Tuesday	10:30-12 PM	Marilyn Hardy	June 6	4 weeks	\$69
			July 11	4 weeks	\$69

Yamuna Body Rolling®

Tuesday	9:15-10:15 AM	Jennifer Cooper	July 11	6 weeks	\$69
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• No classes July 3, 4 & 5 •

Join our email list at maineyoga.com and subscribe.

We will no longer be sending the post card by mail unless requested.

Single classes if available \$18 (if currently enrolled, additional classes - \$14) • Feldenkrais \$20
Therapeutic class - \$25 by pre-arrangement • Unlimited monthly pass – \$99 (excludes therapeutic and Feldenkrais)
20% discount for 2 or more classes per week (10% off therapeutic and Feldenkrais)