

## YOGA WEEKLY CLASS SCHEDULE : ROLLE, LE VAUD & BUCHILLON

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM			<u>LE VAUD</u> 8:45 – 10:00 VINYASA		<u>LE VAUD</u> 8:45 – 10:00 VINYASA		<u>MONT S/ ROLLE</u> 10:00 – 11:45 <b>ASHTANGA</b> "primary series" semi-advanced class held on:  * Sept 14th 2014 * Sept 28th 2014 * Nov 2nd 2014 * Nov 23rd 2014  40.- / class
LUNCH	<u>ROLLE</u> 12:15 – 13:20 « FIT & STRESS FREE »			<u>ROLLE</u> 12:15 – 13:20 « FIT & STRESS FREE »			
						<u>MONT S/ ROLLE</u> 14:00 – 16:30 <b>YOGA WORKSHOP</b> Sept 20th 2014 Nov 15th 2014	
PM							
	<u>LE VAUD (B) **</u> 19:30 – 20:30 YIN & PRANAYAMA	<u>MONT s/ ROLLE</u> 19:15-20:30 VINYASA		<u>LE VAUD (A) *</u> 19:30 – 20:30 YIN & PRANAYAMA		55.- / workshop	

### RATES \*:

<u>REGULAR RATES</u>	<u>UNLIMITED CLASSES</u>	<u>PRIVATE 1-4 Pers.</u>	<u>FAMILY DISCOUNT</u>	<u>STUDENTS</u>	<u>Workshops</u>	<u>Ashtanga</u>
1x/week = 100.-/month	180.- Frs / Month	150.- Frs / class	10% off regular rates	20% students under 23	must sign up individual rates	must sign up individual rates

\* Please read « payment & fee conditions » for more details

### ADDRESSES:

MONT-sur-ROLLE  
Ch. du Collège 1  
Entry on lake side-grd level  
Salle rythmique - 3<sup>rd</sup> floor

ROLLE  
Ch. plein air 2

LE VAUD  
Place du village 5  
above post office  
2nd floor

BUCHILLON  
Route des  
Grands Bois, 3

<u>LE VAUD (A) *</u>	<u>LE VAUD (B) **</u>
Every Thurs eve except 18/9, 30/10, 11/12	Only on these Mondays: 15/9, 27/10, 8/12

\*\*\* ALL MISSED CLASSES MAY BE MADE UP BY COMING TO ANOTHER CLASS DURING THE CURRENT SEMESTER \*\*\*