



IYENGAR YOGA

with Karin Stephan
in Truro & Wellfleet
August 5 - September 2

schedule

CLASSES START MONDAY EVENING, AUGUST 5 & RUN EVERY DAY UNTIL SEPTEMBER 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	7 - 8:30 AM TRURO COM CNTR no class 8/5	7 - 8:30 AM TRURO COM CNTR	8 - 9:30 AM PAMET YACHT CLUB	8 - 9:30 AM PAMET YACHT CLUB	NO MORNING CLASS	8 - 9:30 AM TBD	8 - 9:30 AM TRURO COM CNT
EVENING	6 - 7:30 PM TRURO COM CNTR first class 8/5	6 - 7:30 PM TRURO COM CNTR	NO EVENING CLASS	6 - 7:30 PM TRURO COM CNTR	5 - 6:30 PM QUIET MIND WELLFLEET	5 - 6:30 PM TRURO COM CNTR	5-6:30 PM TRURO COM CNTR

Experience yoga

which transforms the body
and uplifts the spirit!

Students receive personal attention and insight from Karin Stephan, an extraordinary Iyengar yoga teacher based in Cambridge. Karin has been practicing and teaching Iyengar yoga for 40 years; she has an expertise in alignment issues which – if not understood – can limit progress in yoga and cause pain during daily activities.

Karin's challenging yet supportive classes deepen understanding of the asanas, improve posture, reduce stress and increase vitality. Students will gain strength, balance, grace and peace of mind!

- DROP-IN COST: \$20 per class
- SERIES RATES: 4 classes/\$75
7 classes/\$130
14 classes/\$235
28 classes/\$440
- SUMMER PASS: \$660 (covers all 55 classes)



QUESTIONS?

Call Karin at
617.529.1632 (c)
or email to
karinstephanyoga@aol.com

www.yogamacro.com

CLASS LOCATIONS:

Truro Community Center, 7 Standish Way, North Truro (behind the library)
The Quiet Mind Studio, 95 Commercial Street, Wellfleet
The Pamet Yacht Club, 7 Yacht Club Road, Truro

www.yogamacro.com