Transform your body
& uplift your spirit!
August 2 to
September 6
Daily yoga classes
at the Truro
Community Center
IYENGAR
YOGA
WITH KARIN STEPHAN
www.yogamacro.com
PHOTO: NEIL BAUMGARTEN

YOGA CLASS SCHEDULE • AUGUST 2 – SEPTEMBER 6 @ TRURO COMMUNITY CENTER

LOCATED AT 7 STANDISH WAY (OFF ROUTE 6) IN NORTH TRURO, NEAR THE LIBRARY & COUNCIL ON AGING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 FIRST DAY no morning class 5 – 6:30 pm	**3** 8 – 9:30 am 5:30 – 7 pm	**4** no morning class 5:30 – 7 pm	**5** 8 – 9:30 am no evening class	**6** no morning class 5:30 – 7 pm	**7** no morning class 5:30 – 7 pm	**8** 7 – 8:30 am 5 – 6:30 pm
9 8 – 9:30 am 5 – 6:30 pm	**10** 8 – 9:30 am 5:30 – 7 pm	**11** no morning class 5:30 – 7 pm	**12** 8 – 9:30 am no evening class	**13** no morning class 5:30 – 7 pm	**14** no morning class 5:30 – 7 pm	**15** 7 – 8:30 am 5 – 6:30 pm
16 8 – 9:30 am 5 – 6:30 pm	**17** 8 – 9:30 am 5:30 – 7 pm	**18** no morning class 5:30 – 7 pm	**19** 8 – 9:30 am no evening class	**20** no morning class 5:30 – 7 pm	**21** no morning class 5:30 – 7 pm	**22** 7 – 8:30 am 5 – 6:30 pm
23 8 – 9:30 am 5 – 6:30 pm	**24** 8 – 9:30 am 5:30 – 7 pm	**25** no morning class 5:30 – 7 pm	**26** 8 – 9:30 am no evening class	**27** no morning class 5:30 – 7 pm	**28** no morning class 5:30 – 7 pm	**29** 7 – 8:30 am 5 – 6:30 pm
30 8 – 9:30 am 5 – 6:30 pm	**31** 8 – 9:30 am 5:30 – 7 pm	**SEPT 1** no morning class 5:30 – 7 pm	**2** 8 – 9:30 am no evening class	**3** no morning class 5:30 – 7 pm	**4** no morning class 5:30 – 7 pm	**5** 7 – 8:30 am 5 – 6:30 pm
6 FINAL DAY 8 – 9:30 am 5 – 6:30 pm						

COST: $20 drop-in. SERIES RATES: 4 classes/$75, 7 classes/$130, 14 classes/$235, 21 classes/$355

INFO: call Karin at 617.529.1632 (c) or KarinStephanYoga@aol.com

FRONT PHOTO OF KARIN BY NEIL BAUMGARTEN

PRIVATE LESSONS ALSO AVAILABLE. ASK ABOUT OUR VEGETARIAN MEALS & TRURO ACCOMMODATIONS.

www.YogaMacro.com