

**YOGA CLASSES:**  
JULY 25 TO SEPT 6

**PARTIAL  
RESIDENTIAL  
PROGRAM**  
(with limited meals)  
JULY 31  
TO AUGUST 6

**FULL RESIDENTIAL  
PROGRAM**  
(with meals)  
AUGUST 14  
TO SEPT 5

# THE CAPE EXPERIENCE

WITH KARIN STEPHAN

STUDY IYENGAR YOGA WITH ONE OF  
NEW ENGLAND'S FINEST TEACHERS  
IN ONE OF THE REGION'S MOST  
BEAUTIFUL AREAS

**TRURO, CAPE COD**

[www.YogaMacro.com](http://www.YogaMacro.com)

PHOTO: NEIL BAUMGARTEN

## YOGA CLASS SCHEDULE • JULY 25 – 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
	<b>JULY 24</b>	<b>25</b> FIRST DAY no morning class 5 – 6:30 pm	<b>26</b> no morning class 5 – 6:30 pm	<b>27</b> 8 – 9:30 am no evening class	<b>28</b> no morning class 5 – 6:30 pm	<b>29</b> no morning class 5 – 6:30 pm	<b>30</b> 10:30 am – 12 no evening class
7/31–8/6 PARTIAL RESIDENTIAL	<b>31</b> 8 – 9:30 am no evening class	<b>AUG 1</b> 8 – 9:30 am 5 – 6:30 pm	<b>2</b> no morning class 5 – 6:30 pm	<b>3</b> 8 – 9:30 am no evening class	<b>4</b> no morning class 5 – 6:30 pm	<b>5</b> no morning class 5 – 6:30 pm	<b>6</b> 10:30 am – 12 no evening class
	<b>7</b> 8 – 9:30 am no evening class	<b>8</b> 8 – 9:30 am 5 – 6:30 pm	<b>9</b> no morning class 5 – 6:30 pm	<b>10</b> 8 – 9:30 am no evening class	<b>11</b> no morning class 5 – 6:30 pm	<b>12</b> no morning class 5 – 6:30 pm	<b>13</b> 10:30 am – 12 no evening class
FULL RESIDENTIAL PROGRAM ACCOMMODATIONS & MEALS AVAILABLE AUG 14 - SEPT 5	<b>14</b> 8 – 9:30 am no evening class	<b>15</b> 8 – 9:30 am 5 – 6:30 pm	<b>16</b> no morning class 5 – 6:30 pm	<b>17</b> 8 – 9:30 am no evening class	<b>18</b> no morning class 5 – 6:30 pm	<b>19</b> no morning class 5 – 6:30 pm	<b>20</b> 10:30 – 12 no evening class
	<b>21</b> 8 – 9:30 am no evening class	<b>22</b> 8 – 9:30 am 5 – 6:30 pm	<b>23</b> no morning class 5 – 6:30 pm	<b>24</b> 8 – 9:30 am no evening class	<b>25</b> no morning class 5 – 6:30 pm	<b>26</b> no morning class 5 – 6:30 pm	<b>27</b> 10:30 – 12 no evening class
	<b>28</b> 8 – 9:30 am no evening class	<b>29</b> 8 – 9:30 am 5 – 6:30 pm	<b>30</b> no morning class 5 – 6:30 pm	<b>31</b> 8 – 9:30 am no evening class	<b>SEPT 1</b> no morning class 5 – 6:30 pm	<b>2</b> no morning class 5 – 6:30 pm	<b>3</b> 10:30 to 12 no evening class
	<b>4</b> 8 – 9:30 am no evening class	<b>5</b> 8 – 9:30 am 5 – 6:30 pm	<b>COST:</b> \$20 drop-in. SERIES RATES: 4 classes/\$77, 7 classes/\$135, 14 classes/\$250, 21 classes/\$360.				

**10% OFF**  
14 & 21 class series  
if paid by July 10!

**MORE INFO:** call Karin at 617.529.1632 (c) or [KarinStephanYoga@aol.com](mailto:KarinStephanYoga@aol.com) for info on special workshops, overnight stays with macrobiotic meals, and private lessons.