



FIND PEACE

FIND TRANQUILITY

FIND YOGA

---

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

**Prices for the Following Services**

Gift Certificates are available for any of these services. In home services available for a fee.

Beginning & Continuing Yoga (90-minute class)

Single class	\$15
4-class card	\$57 (5% discount)
8-class card	\$108 (10% discount)
16-class card	\$204 (15% discount)

Test the Waters

4 classes & 1 Embodiment® \$112.50 (10% discount)

Total Immersion

16 classes & 8 Embodiments® \$646 (15% discount)

**Specialty Classes (90-minute class)** (Prenatal, Special Needs (Gentle), Yoga For Your Back, & Deeper Yoga)

Single class	\$20
4-class card	\$76 (5% discount)
8-class card	\$144 (10% discount)
16-class card	\$289 (15% discount)

Test the Waters

4 class & 1 Embodiment® \$130.50 (10% discount)

Total Immersion

16 class & 8 Embodiments® \$731 (15% discount)

**Bonus!** Receive one *Free* class when you use your 4-class card within 4 weeks or less, use your 8-class card within 8 weeks or less, and use your 16-class card within 16 weeks or less.

**Free** Introductory Class—1<sup>st</sup> Saturday of each month, 10:30 a.m.

**Svaroopa® Yoga Therapy, Embodiment® & Private Yoga Instruction (60 minutes)**

Single session	\$65
5 sessions	\$309 (5% discount)
10 sessions	\$585 (10% discount)
15 sessions	\$829 (15% discount)