

YOGA Spring 2014

Join us at Alpine Integrated Medicine



Increase your Flexibility

Reassert Your Strength

Center your Mind

Tap into your body with Breath & Movement

Improve your Health

Weekly Class Schedule:

Times	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-10:45 am	Hatha Integrative	Vinyasa Flow Yoga	Hatha Integrative	Alignment Focus	
10-11:15 am					Core Focus
4:15-5:30pm	Yoga Basics Gentle	Yoga Basics Gentle	Stretching		

Class Fees

Class Drop in fee: \$15

8-Punch Class Card: \$100 use within 3 months

1 Month Unlimited Yoga: \$120

Alpine Integrated Medicine

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**ALPINE
INTEGRATED
MEDICINE**

www.alpineintegratedmedicine.com