



9210 YOGA

Kati Gimes, R.Y.T.

301.793.7856

WELCOME TO 9210 YOGA

My purpose is to use my enthusiasm and energy to empower and inspire others to live a life *now* with peaceful, quiet minds and hearts filled with love, free from personal limitations.

SCHEDULE

Tuesday	6:30 – 7:40 p.m.
Thursday	6:45 – 8:00 a.m.
Friday	6:30 – 7:40 p.m.
Saturday	9:30 – 10:40 a.m.
Sunday	9:30 – 10:40 a.m.

Since the studio accommodates 6 people per class reservations are required.

Call 301.793.7856 or e-mail kimgimes@starpower.net.

CLASS PRICES

Single class - \$17
10 class pass - \$150 (valid 2 months)
Private class - \$65

Don't Forget!

Yoga must be practiced on an empty stomach.

Please call for directions.

FAQ

What if I had never done yoga before?

Beginners and all levels are welcome to 9210 Yoga!

How often can I practice yoga?

As often as you can. Practicing yoga 2 – 3 times a week will transform your body and life.

What should I wear?

Wear comfortable workout clothes.

What do I need to bring?

A towel, plenty of water and a yoga mat if you have one. (Mats are available at the studio).



NAMASTE

www.Mycoach4life.com

