



voted 2008
best yoga studio

evolution yoga
20 kilburn street
burlington, vt
p 802.864.9642
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evolution
yoga

book a fun summer
celebration at
evolution

summer 2009
jun 1 - sept 6



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SUMMER 2009 jun 1 - sept 6

MONDAY

****Kripalu Gentle**
8:30-9:45, Martha

Vinyasa I/II
12-1, John

Community Class
4:30-5:30, Patrick

Vinyasa I/II
5:45-7:15, Miriam

Fundamentals
5:45-7:15, Lydia/
Margaret

Yin Yoga
7:30-8:45, Annelies

*Evolution Yoga is now
available for private
Yoga Parties & Special
Events:*

To inquire please
contact our Event
Planner, Jamie, at:

jamie@evolutionvt.com

TUESDAY

Eye of the Tiger III
7-9, Andrea

****Yoga on the Lake**
7-8:15, Jane--

Iyengar I/II
8:30-9:30, Lydia

Vinyasa I/II
12-1, Jane

****Kripalu I/II**
4:15-5:30, Martha

Yoga Alignment
4:30-5:30, Janet

Anusara-Insp. I/II
5:45-7:15, Andrea

Vinyasa I/II
5:45-7:15, Miriam
Nia Holistic Dance
7:30-8:30, Rebecca

WEDNESDAY

Kripalu I/II
6:30-7:30, Morgan

Embodiyoga
8:15-9:30, Annelies

Vinyasa I/II
12-1, Jennifer

Community Class
4:30-5:30, Heather

Vinyasa II
5:45-6:45, Susan

Vinyasa I
5:45-7:15, Julie

***Beginner's Series**
5:45-6:45, John

Vinyasa I
7-8, John

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THURSDAY

****Kripalu I/II**
6:45-8, Martha

****Yoga on the Lake**
7-8:15, Jane--

Free Meditation
8:15-8:45

***Kripalu I/II**
9-10:15, Martha

Vinyasa I/II
12-1, Jane

Community Class
4:30-5:30, Julie

Pre-Natal
5:45-7:15, Susan

Anusara-Inspired I/II
5:45-7:15, Margaret
Nia Holistic Dance
7:30-8:30, Brenda

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FRIDAY

Vinyasa Express
7-8, Heather

Vinyasa I/II
12-1, Bill

\$5 Fridays
Kripalu All Levels
4:30-5:30, Jane

****Restorative 3rd**
Fridays
6-7:30, Lydia

SATURDAY

Nia Holistic Dance
8-9, Rebecca

Kripalu I/II
9:05-10:30, Jane

Core Vinyasa
10:45-12, Erin

****Yoga Nidra, 2nd**
Saturdays
4:30-5:45, Carrie

SUNDAY

Anusara-Inspired I/II
9-10, Andrea

Pre-Natal
10:05-11:30, Susan

Vinyasa I/II
10:30-12, John

Mommy Tea
11:30-12:15

Post-Natal
12:15-1:30, Susan

Vinyasa I/II
4:30-6, Danielle

Kirtan Chanting
Free
7-9, 1st & 3rd Sundays

*-Yoga on the Lake will
take place at the Lake
Champlain Sailing
Center*

Fundamentals:
Brand New Beginner

Level I:
Beginner

Level I/II:
Beginner & Intermediate

Level II:
Intermediate

Level III:
Advanced

single class \$14
10 class card \$130

hour long class \$12
10 class card \$110

community class \$5-\$10

Unlimited Class Cards:
1 Year: \$100/month
6 Months: \$110/month
3 Months: \$120/month
1 Month: \$130

**pre-registration optional
* pre-registration required

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for prices of pre-registration
classes