

Blooming Lotus Yoga and Wellness Weekly Schedule

March/April 2012



Blooming Lotus is located at:
2386 M-137, Suite B
Interlochen, MI 49643
Friend us on Facebook!

Class Pricing:
Yoga

Drop In \$14

5 Classes \$55 (3 mo. expiration)

10 Classes \$100 (6 mo. exp.)

1 Month Unlimited \$100

3 Months Unlimited \$250

12 Months Unlimited \$900

Zumba

Drop in \$8

4 Classes \$24, 8 Classes \$45

*Strength and tone classes are \$5-\$7 per class. For information on Strength and Tone classes, call Nancy Watkins at 704.941.9596.



Mondays

10-10:45AM	*Strengthen and Tone Fitness Class*(E)	Nancy
2-3:15PM	Gentle Yoga (B)	Stephanie
6-7:30PM	Vinyasa Flow Yoga (I)	Stephanie

Tuesdays

7:30-9AM	Vinyasa/Yin Fusion(B/I)	Stephanie
11-12:15PM	Gentle Yoga (B)	Stephanie
2:30-3:45PM	Core Power Flow Yoga(B/I)	Lara
5:45-7PM	Yoga for Back Health (E)	Lara
7:30-8:30PM	Zumba (E)	Valerie

Wednesdays

10-10:45AM	*Strengthen and Tone Fitness Class*(E)	Nancy
12-1:30PM	Restorative Yoga (E)	Stephanie
6-7:30PM	Vinyasa Flow Yoga (I)	Stephanie

Thursdays

7:30-9AM	Vinyasa/Yin Fusion(B/I)	Lara
9:30-10:45AM	Gentle Yoga (B)	Lara
11:30-1PM	Asana Exploration (I)	Stephanie
7:30-8:30PM	Zumba (E)	Valerie

Fridays

6-7:30PM	Vinyasa/Restorative Fusion(I/A)	Stephanie
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Saturdays

9-10:30AM	Hot Vinyasa/Yin Fusion(I)	Stephanie
10:45-12PM	Hot Detox Gentle Yoga(B/I)	Stephanie

Sundays

10:00-11:30PM	Warm Yin Yoga (E)	Stephanie
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(B)=Beginner level, (I)=Intermediate, (A)=Advanced, (E)=Every level welcome.

For class descriptions, schedule updates, holidays, and special events, visit: www.bloominglotustc.com or call **231-342-2327**.

Also available Reiki and other healing modalities, Yoga Nidra, Education on Juicing and Nutritional Wellness, and many special events. Visit our website, call or email with questions.

We welcome everyone, regardless of age, shape, size, gender, belief system or ability level! We look forward to seeing you!

