

Fall Series I - Sept. 1 - Oct. 12
 Fall Series II - Oct. 13 - Dec. 8
AM YOGA CLASSES

MON S I & II 9-10 a.m. Gentle postures for flexibility and strength (Custom Fit Class) / Deborah

TUE S II 9-10 a.m. Healthy Back, Stretching & Mitzvah Technique/Aziza

WED S I & II 9-10 a.m. Gentle postures for flexibility and strength (Custom Fit Class) / Deborah

THUR S II 9-10 am Yoga for Wise Ones / Aziza

FRI S I & II 9-10 am Hatha II / Kevin or Aziza

SAT S I & II 7:30 - 8:30 Yoga On The Beach / Aziza (call for location)
 9-10:15 Hatha Yoga All Level / Aziza

SUN Classes forming - please call

PM YOGA CLASSES

MON S II 5:30 - 6:30 Intro To Yoga / Aziza

TUES S II 5:30 - 7 p.m. Hatha Yoga II / Aziza

WED S I & II 5:30-6:30 QJ Gong/Yoga: Movement in Meditation; practices from both traditions (Custom Fit Class) / Deborah

THUR S I 5:30-7:00 Restorative Yoga suitable for all levels/ Deborah

SPECIAL EVENTS

More Information Online www.lagunamadreyoga.com

Yoga Workshops To Deepen Your Practice

- Vinyasa Flow with Kathy Glenn
- Labor Day Weekend Sept. 4th - 6th
- Friday - Sunday 9:00 - 10:15 a.m.
- Pranayama with Aziza
- Sept. 26th & 27th 1:30 - 3:30 p.m.
- Thanksgiving Weekend - TBA

Sand Castle Days - Isla Blanca Park
 Hula Performances

Sat. Oct. 17 11am & 3pm • Sun. Oct. 18 11am

Continuing Education for Massage Therapist
 Nov. 8 & Dec. 6 - TDSHS Approved

Argentine Tango Workshops & Tango Café Milonga
 Nov. 13 & 14

Yoga & Spa Packages w/ Local Accommodations

DANCE CLASSES

Halau Hula O' South Padre (Hula Class)

Fall Session
 Sept. 19 - Nov. 4

SAT 10:30 - 11:30 a.m.
 Adult Hula / Margaret

12-1 pm Keiki Hula
 ages 5 yrs+ / Margaret

SUN 4-5 p.m. Adult Belly Dance / Margaret
 Fall Session: Sept. 20 - Nov. 8



Instructors Exhibition

Argentine Tango

TUE 7:30 Beginner I
 8:30 Beginner II /
 Practica / Aziza
 Oct. 20 - Dec. 8

WED 6:30-8:30 p.m.
 (Harlingen Community Center)
 Oct. 14 - Nov. 18 / Aziza



INSTRUCTORS:

Margaret Kingos • Aziza Charlotte Barker-Stanton
 Deborah McCoy • Diane Hofmeister
 Kevin Stanton

Richard's Ballroom Dancing / private instruction
 Victor Hernandez Tai Chi / private instruction

**PRE-REGISTRATION REQUESTED
 PLEASE CALL 956-761-9642
 Walk-Ins Welcome In Yoga Classes**

(Schedule & Fees Subject To Change)

\$15 - single class • \$40 - 4 class card • \$75 - 8 class card
 \$90 / month or \$250 - 3 month
 unlimited yoga sponsors membership
 (couples & family rates available if attending together)
 Class cards expire 2 months

Suspended Floor Studio Rental



Deborah & Aziza

Breath

Namasté



South Padre Island Sunrise



Yoga Teacher Training Class

Health



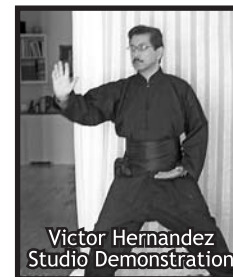
morning class on the beach

Relax



class demo

Fun



Victor Hernandez Studio Demonstration

Peace



Kevin & Aziza