



# Tenth Gate

CENTER FOR YOGA AND MEDITATION



## 2010 SUMMER SCHEDULE

(EFFECTIVE JUNE 1)

### Monday

6:00-7:00 AM	HATHA YOGA	BARBARA
9:30-11:00 AM	KUNDALINI YOGA	REINETTE
5:30-7:00 PM	HEATED POWER VINYASA YOGA	LIZ
6:00-7:30 PM	BLISS	NATALIE

### Tuesday

9:30-11:00 AM	KUNDALINI YOGA	MARY
9:30-11:00 AM	ALIGNMENT BASED YOGA	JUDE
12:00-1:00 PM	HEATED HOUR OF POWER	LIZ
5:30-7:00 PM	KUNDALINI YOGA	TOM

### Wednesday

6:30-7:30 AM	KUNDALINI YOGA	REINETTE
9:30-10:15 AM	MOMMY & ME YOGA (AGES 2-4)*	LYNDA
11:00 AM-12:30	KUNDALINI YOGA	SAT SIRI
6:00-7:30 PM	VINYASA FLOW	JESSICA
7:00-8:30 PM	BEGINNER YOGA & MEDITATION (NEW TIME)	BARBARA

### Thursday

9:00-10:30 AM	HEATED POWER VINYASA YOGA	LIZ
12:00-1:00 PM	HEATED HOUR OF POWER	LIZ
5:30-7:00 PM	KUNDALINI YOGA	TOM
6:00-7:30 PM	BLISS	NATALIE

### Friday

6:30-7:30 AM	KUNDALINI YOGA	MAUREEN
9:00-10:30 AM	HEATED POWER VINYASA YOGA	RENEE
10:30 AM-12:00	HATHA YOGA	BARBARA

### Saturday

8:00-9:30 AM	HEATED POWER VINYASA YOGA	LIZ
10:30-11:30 AM	HEATED HOUR OF POWER	LIZ
9:30-10:30 AM	CHILDREN'S YOGA (AGES 5-8)*	LYNDA
10:45-11:45 AM	CHILDREN'S YOGA (AGES 9-13)*	LYNDA

### Sunday

9:30-11:00 AM	KUNDALINI YOGA	REINETTE
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~ SCHEDULE SUBJECT TO CHANGE ~

\*Children's classes not held during July and August

**401.683.YOGA (9642)**

**tenthgateyogacenter.com**

Old Almy Village . 1016 East Main Road  
Portsmouth . Rhode Island 02871



# Tenth Gate

CENTER FOR YOGA AND MEDITATION



Learn the ancient science of yoga and more in the beautiful, warm and welcoming studios of the Tenth Gate Center for Yoga and Meditation. Located in the historic Old Almy House in Portsmouth, Rhode Island, Tenth Gate welcomes beginning yogis and yoginis, as well as those who want to continue to deepen their practice.

*We look forward to meeting you!*

## ~ Pricing ~

**Drop-in:** \$15 per class

**6 Class Card:** \$80

**10 Class Card:** \$120

**20 Class Card:** \$220

**3-Month Unlimited:** \$350

**Founder's 12-Month Unlimited:** \$100/month auto bill\*

\*One Year Commitment

Class cards do not expire and can be shared.

*Ask us about private instruction,  
birthday yoga parties and gift certificates.*