

Try any class free

# TriYoga of Cedar Rapids

## Class Schedule

### MEDITATION

#### SUNDAY

1:45 pm

Open to all \$10

Sterling

#### TUESDAY

7:00 pm

Open to all \$10

Sterling

### TAI CHI

#### WEDNESDAY

7:00 pm

Advanced Tai Chi

Sterling

#### THURSDAY

5:30 pm

Tai Chi Form

Sterling

#### SATURDAY

10:30 am

Tai Chi Basics 1 hour

Sterling

### INNER VISION

#### TUESDAY

5:30 pm

Explore energy, spirit & the flow

Sterling

### KUNDALINI YOGA

#### MONDAY

7:00 pm

Open to everyone

Sterling

Try any class free, except Advanced Tai Chi

For class descriptions and a map, please visit our website [www.triyogacr.org](http://www.triyogacr.org)

#### Tai Chi, Inner Vision & Kundalini Prices

Drop in	\$15
4-class pass (use within 90 days)	\$55
8-class pass (use within 90 days)	\$90
4-class special pass/90 days	\$40 *
8-class special pass/90 days	\$75 *
* with current TriYoga class pass	
6-class teacher's pass	\$54
Private lesson 1 hour	\$40
Semi-private 1 hour (2 students)	\$50

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TriYoga of Cedar Rapids  
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Facebook Tri Yoga Cedar Rapids

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