3 Rivers Yoga

Classes held at 3 Rivers Yoga Studio
(located between Cort Gallery and the Chevron Station)

Certified Instructors

Jalene Vincent (559) 827-8293

Jennifer Carpenter (559) 303-3673

Classes are $10 each and pay as you come or prepay with a class card. Gift certificates are available for all services.

Therapeutic massage is available for $60/session or $100/ 2 sessions. Please call Jalene to schedule.

Fall 2011

Monday	Tuesday	Wednesday	Thursday
	9:00 - 10:30 Sivananda Yoga All levels **Jalene**	9:00 – 10:00 Pilates Mat work **Jalene**	
6:00 – 7:00 Pilates Mat work **Jennifer**			

Please visit the website at: **www.sequoiamountainhealers.org/jwelch**
for the latest updates to the schedule.