



October 2009 Weekly Class Schedule

In Saint James' Circle • 65-1237 Kawaihae Road, Waimea • 808.882.7671 • info@omhawaii.com • OMHawaii.com
 Kathryn Wiese, Director

<i>Every Sunday</i>	<i>Every Monday</i>	<i>Every Tuesday</i>	<i>Every Wednesday</i>	<i>Every Thursday</i>	<i>Every Friday</i>	<i>Every Saturday</i>
<p>8-9:30 a.m. Sunday Yoga, All Levels, with Kathryn. <i>Note: No class Oct. 25 only.</i></p> <p><i>Oct. 18th only</i> 4-6:30 p.m. Meditation "mini-retreat" with Gavin Harrison! \$25-\$30 suggested donation. All welcome! Our next gathering with Gavin will be on Nov. 15th.</p>	<p>8:15-9:45 a.m. Anusara Inspired Yoga for Beginners, Level 1, with Kathryn. <i>Note: No class Oct. 26 only.</i></p> <p>10-11 a.m. Gentle and Beginning Yoga with Kathryn. <i>Note: No class Oct. 26 only.</i></p>	<p>8:15-9:45 a.m. Practice with the Teacher, an invigorating led yoga practice with Kathryn. A Level 2 Class: must be able to kick up into Handstand at wall and do a backbend in middle of room. <i>Note: No class Oct. 20 and 27.</i></p>	<p>8:15-9:45 a.m. Anusara Inspired Yoga, All Levels, with Kathryn. <i>Note: No class Oct. 21 only.</i></p> <p>10-11 a.m. Gentle and Beginning Yoga with Kathryn. <i>Note: No class Oct. 21 only.</i></p> <p>5:30-7 p.m. Anusara Yoga, Levels I and II, with Jim. <i>Note: No class Oct. 21.</i></p> <p>7-7:45 p.m. <i>Oct. 14 and 28.</i> Kirtan/sacred chanting with Kathryn. \$5 suggested.</p>	<p>8:15-9:45 a.m. Anusara Yoga, Levels I and II, with Jim. <i>Note: No class Oct. 22 only.</i></p> <p>5:15-6:30 p.m. Anusara Inspired Yoga, All Levels, with Kathryn. <i>Note: No class Oct. 22 only.</i></p>	<p>3:30-4:30 p.m. Keiki Hula with Lani Isaacs (<i>for ages 5-15</i>).</p>	<p>8-9:30 a.m. Anusara Yoga, Levels I and II, with Jim. <i>Note: No class Oct. 24.</i></p> <p><i>Preview: for Nov. 7th only</i> 9:45-11:45 a.m. Anusara Yoga, Level II, with Jim. <i>Note: No Level II class with Jim in October.</i></p>
<p>No Yoga Classes Oct. 20-27 OM Studio will not hold yoga classes beginning Tues., Oct. 20 through Tues., Oct. 27, while our teachers attend a yoga philosophy training! Time for a home practice this week! Classes as normal Wed., Oct. 28.</p> <p>HOLD THE DATE: New Year's Anusara Yoga Workshop with N.C. Instructor Sarah Faircloth North Carolina Anusara Instructor Sarah Faircloth joins our Kula to welcome 2010! We'll celebrate with Sarah Jan. 1-3. Mark your calendar: Details soon!</p>						