

## “LOTUS”

Below is our wonderful new “Lotus Pricing”! Become an active member by purchasing from “Half Lotus”. While you are a Half Lotus member in good standing, just refer someone NEW to Grounded By Yoga. If they purchase a Beginners, 5,10 or 13 class package, you receive these higher rewarding discounts! *PLUS....you can save even more with Yoga Dollars! Yoga Dollars will be introduced December 1<sup>st</sup> !*

How Many Classes	Your Savings	Expiry Date	Donation
" The Grounded" <i>1 Month Unlimited</i>	<b>up to you!</b>	31 days	<b>\$65</b>
"The KickStart" <i>5 Classes</i>	<b>\$20</b>	8 weeks	<b>\$50</b>
"The Periodic" <i>10 Classes</i>	<b>\$50</b>	12 weeks	<b>\$90</b>
"The Regular" <i>13 Classes</i>	<b>\$78</b>	13 weeks	<b>\$104</b>
"The Drishti" <i>26 Classes</i>	<b>\$182</b>	18 weeks	<b>\$182</b>

Expiration Dates strongly enforced! Choose mindfully....the higher discounted programs work well for those coming more than twice per week.....Do some math and see what works best for your body and mind’s schedule!



## “HALF LOTUS”

### Regular Discount Membership Pricing

How Many Classes	Your Savings	Expiry Date	Donation
<b>“The Taster!”</b> <i>Try 4 different classes!</i>	<b>\$36</b>	Once per week	<b>\$20 cash</b> <i>New Students only</i>
<b>“The Kick Start”</b> <i>5 Classes</i>	<b>\$10</b>	8 weeks	<b>\$60</b>
<b>“The Periodic”</b> <i>10 Classes</i>	<b>\$25</b>	12 weeks	<b>\$115</b>
<b>“The Regular”</b> <i>13 Classes</i>	<b>\$42</b>	13 weeks	<b>\$140</b>
<b>“The Visitor”</b> <i>1 Class or Week Unlimited</i>	<b>Over 40%</b>	Just Show Id!	<b>\$8</b> <b>\$25</b>
<b>“The Student”</b> <i>30 % off reg price!</i>	<b>30%</b>	Just Show ID!	<b>\$9</b>
<b>“The Beginner”</b> <i>8 Classes</i>	<b>\$37</b> (up to \$20 grad gift!)	8 Weeks (make ups ok)	<b>\$95</b>

Drop Ins - \$14

Come to ANY of the classes (excluding special workshops & series). You don't have to come to the same class each week...explore!  
Expiration dates are enforced.

## Miscellaneous Classes, Series, Workshops

<i>Class / Workshop</i>	<i>Date</i>	<i>Donation</i>
<b>" Grounded Kids"</b> Ages 6-9 4 Classes	Sundays 2pm - 2:50	Prepay \$40 or Drop In for \$14
<b>"YogaTweens"</b> 4 Classes	Sundays 1pm - 1:55pm	Prepay \$40 or Drop In for \$14
<b>"Baby &amp; Me!"</b> 4 Week Series	Sundays January 8, 15, 22, 29	Prepay \$68 or Drop In \$20
<b>"QiGong"</b>	Sundays 9-10 am	Prepay 4 for \$35 or Drop in for \$10
<b>"Tai Chi"</b>	Sundays 10-11am	Prepay 4 for \$35 or Drop in for \$10
<b>"Prenatal Program"</b>	Any Gentle Class and Sats at 11am	Prepay 5 classes for \$40 \$14 Drop In
<b>"Restorative 2 Hour Workshops"</b>	December 4 <sup>th</sup> 5-7pm	PrePay \$35
<b>"Food, Thoughts, Supplements for Menopause"</b>	November 20th 3:00 ~ 4:30pm	PrePay \$20 Drop In \$25 (add follow up posture class Nov 22, 7pm \$9 !)
<b>The Wellmet Workshop "Peace &amp; Joy"</b>	November 12th & 13th 9:30 - 5:00pm	\$35 each Segment or \$125 for the weekend.
<b>"The Equestrian Yogi"</b>	Announcing soon! 4 week series For riders!	