



**BODYMIND
THERAPIES**

Dr. Lakshyan Schanzer, PsyD
Licensed Psychologist Insurance accepted

WINTER SCHEDULE 2010
COURSE CYCLES:
JAN 30 – MARCH 27

1215 Reservoir Avenue 2nd Floor Cranston, RI 02920 401.369.8115
If you have questions, please Email: lakshyan@bodymindri.com

THE WINTER 2010 CYCLE BEGINS JANUARY 30TH
RESERVE A SPACE FOR YOURSELF AND YOUR FRIENDS! REGISTER EARLY!

Early Bird Special!
Register before January 23rd
10% off all Registrations

**ALL 7 WEEK
HATHA YOGA COURSES
BEGINNER
INTERMEDIATE
AND MIXED-LEVEL**
CLASSES RUN FOR
1.5 HOURS
\$100. (PRE-PAID)
DROP-IN YOGA \$20.

HATHA YOGA PSYCHOLOGY
\$140. (DROP-IN \$40.)
2.5 HOURS EACH SESSION

HOW TO MEDITATE
2 HOURS EACH SESSION
\$120. (NO DROP-INS)

* Make-ups available for Yoga Classes
if taken within the cycle

Pre-paid classes send
checks payable to:
Dr. Lakshyan Schanzer
P.O. Box 10180
Cranston, RI 02910

**GIFT CERTIFICATES
AVAILABLE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY		26 HAPPY 2010!	27 ALL JANUARY MIXED LEVELS DROP-IN 6:30 P.M. CALL AHEAD	28	29	30 WINTER CYCLE BEGINS MIXED LEVELS 9:30 A.M. SESSION 1 OF 7
FEBRUARY	8	9 6:30 P.M. SESSION 1 OF 7	10 6:30 P.M. SESSION 1 OF 7	11	12 - 21 WINTER RECESS	6 MIXED LEVELS 9:30 A.M. SESSION 2 OF 7
MARCH	22 HOW TO MEDITATE 6:30 P.M. SESSION 1 OF 5	23 6:30 P.M. SESSION 3 OF 7	24 6:30 P.M. SESSION 3 OF 7	25 HATHA YOGA PSYCHOLOGY 6:30 P.M. SESSION 1 OF 5	26	27 MIXED LEVELS 9:30 A.M. SESSION 3 OF 7
MEDITATION	1 HOW TO MEDITATE 6:30 P.M. SESSION 2 OF 5	2 6:30 P.M. SESSION 4 OF 7	3 6:30 P.M. SESSION 4 OF 7	4 HATHA YOGA PSYCHOLOGY 6:30 P.M. SESSION 2 OF 5	5	6 MIXED LEVELS 9:30 A.M. SESSION 4 OF 7
MEDITATION	8 HOW TO MEDITATE 6:30 P.M. SESSION 3 OF 5	9 6:30 P.M. SESSION 5 OF 7	10 6:30 P.M. SESSION 5 OF 7	11 HATHA YOGA PSYCHOLOGY 6:30 P.M. SESSION 3 OF 5	12	13 MIXED LEVELS 9:30 A.M. SESSION 5 OF 7
MEDITATION	15 HOW TO MEDITATE 6:30 P.M. SESSION 4 OF 5	16 6:30 P.M. SESSION 6 OF 7	17 6:30 P.M. SESSION 6 OF 7	18 HATHA YOGA PSYCHOLOGY 6:30 P.M. SESSION 4 OF 5	19	20 MIXED LEVELS 9:30 A.M. SESSION 6 OF 7
MEDITATION	22 HOW TO MEDITATE 6:30 P.M. SESSION 5 OF 5	23 6:30 P.M. SESSION 7 OF 7	24 6:30 P.M. SESSION 7 OF 7	25 HATHA YOGA PSYCHOLOGY 6:30 P.M. SESSION 5 OF 5	26	27 MIXED LEVELS 9:30 A.M. SESSION 7 OF 7
MEDITATION						

www.BodyMindRI.com