Carlton Landing Yoga

Academy - Administration/Cafeteria Bldg.

Fall Schedule

Monday 9:00 am (Outdoor sm. Pavilion)

Thursday 4:00 pm (cafeteria)

**Saturday** 9:00 am (pavilion-waterfront – location can vary -see website)



Instructor info:

Phyllis Parker-Bertun, B.S., A.C.E.,

 E-RYT 500, Ayurveda Councilor

 Website: www.movementfocus.com

 Bus.#: 918-900-2750

 Cell: 214-797-3416

 E-mail: yttwpep@gmail.com



$15.00/class

Weekly rate 2 classes = $26.00

Payment options: Cash, check, Venmo, apple

Venmo: Phyllis Parker @Phyllis-Parker55

Private Event Bookings

Women’s Church retreat, glamping, girls weekend, or other celebrations.

Meditations can focus on a theme, scripture, your specifications.

8-10 people $125.00 12-20 people $210.00

book through [www.movementfocus.com](http://www.movementfocus.com), call, text: 918-900-2750, E-mail: yttwpep@gmail.com