

Polson Studio
51045 Hwy 93

406-253-0177

MontanaOmYoga@gmail.com



St. Ignatius Studio
Good Ole Days Park

www.MontanaOmYoga.com

August 2020

Respecting the COVID-19 Social Distancing and CDC Guidelines
Live Classes Open to Current Students who are Residents of Lake County.
 All Classes Require Pre- Registration. Masks are worn when not practicing yoga.
 In-Studio classes limited to 10. On-Line Live classes are available via Zoom
 St. Ignatius will be help outdoors in the Good Ole Days Park until further notice

↓ **Polson** ↓

Day/Time	Class	Teacher	Location	Exceptions
Monday				
9-10:15 am	All Levels Yoga	Bonnie	Polson	Live and Zoom Available
11-12:15 pm	Gentle Yoga	Bonnie	Polson	Live and Zoom Available
Tuesday				
10-11:30am	Paddleboard Yoga	Bonnie	Polson	August 4, 11 and 25 Weather Depend.
Wednesday				
9-10:15 am	All Levels Yoga	Bonnie	Polson	Live and Zoom Available
11-12:15 pm	Gentle Yoga	Bonnie	Polson	Live and Zoom Available
5:30-7:00 pm	All Levels Yoga	Bonnie	Polson	No On-Line Option
Friday				
8-10 am	Experienced Practice	Bonnie	Polson	No On-Line Option

↓ **St. Ignatius and Condon** ↓

Tuesday				
10-11:30am	All Levels Yoga	Bonnie	Condon	August 18 Only
Thursday				
10:30-11:45 am	Gentle / Combined	Bonnie	St. Ignatius	Class Outside in the Good Ole Days Park

Teachers Contact Information

Bonnie Kiser-Teacher/Studio Owner: 253-0177

Bonnie Mueller: 253-1682 *Carolyn Beecher: 396-2990

Clayton Brovold: 253-0786 * Dorian Hanner: 831-809-5580

Jil Roberts: 499-2811 * Varada: 406-240-9978

All Classes are taught by Bonnie Kiser unless otherwise noted.

Pricing

Single Class - \$15/5 Class Pkg. \$65/10 Class Pkg. \$110
 Packages good for 90 days.

Or - Unlimited Monthly \$90
 Max. 3 months advance purchase.



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