

Polson Studio
51045 Hwy 93

406-253-0177

MontanaOmYoga@gmail.com



St. Ignatius Studio
Good Ole Days Park

www.MontanaOmYoga.com

September 2020

Respecting the COVID-19 Social Distancing and CDC Guidelines

Live Classes Open to Current Students who are Residents of Lake County.

Pre-Registration required. Masks are worn when not practicing yoga. Live in-studio classes limited to 10.

↓ **Polson** ↓

Day/Time	Class	Teacher	Location	Exceptions
Monday Studio Closed Sept. 7 for Labor Day				
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	Cindi leads Sept. 1 Weather Depend.
5:30-7pm	Restorative Yoga	Bonnie	Polson	Sept. 22 ONLY-must register in advance
Wednesday Sept. 2- Bonnie M. Teaches-No Zoom Option				
9-10:15 am	All Levels Yoga	Bonnie	Polson	In Person and Zoom available
11-12:15 pm	Gentle Yoga	Bonnie	Polson	In Person and Zoom available
5:30-7:00 pm	All Levels Yoga	Bonnie	Polson	No Zoom available
Friday Sept. 4-Carolyn leads Teaches				
8-10 am	Experienced Practice	Bonnie	Polson	No On-Line Option

↓ **St. Ignatius and Condon** ↓

Tuesday				
10-11:30am	All Levels Yoga	Bonnie	Condon	Sept. 15 Only
Thursday Bonnie M. Teaches Sept. 3				
10:30-11:45 am	Gentle /Combined	Bonnie	St. Ignatius	Class Outside at 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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