



Herself Yoga at the Sierra 2 Center
2791 24th Street, Sacramento, CA 95818
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SACRAMENTO CLASS PRICING

Prenatal, Postpartum & Women's Yoga

Prenatal, Postpartum and Women's Yoga classes:

- Drop-in Fee \$ 14.00
- 4 Class Pass \$ 44.00
- 8 Class Pass \$ 80.00
- 12 Class Pass \$ 110.00

* Payment only in the form of check and cash. (No ATM/Debit/Credit cards accepted)

Refund Policy:

All class passes are valid for 4 months from the last class date attended and are non-refundable. Prenatal passes can be carried over into the Postpartum class. Postpartum can also be used to attend the Women's Hatha Yoga class.

What to Bring to Class:

All classes bring a yoga mat and water. For Prenatal and Women's Hatha classes bring a blanket/pillow for final relaxation.

Instructor Bio:

Julie Hurst, 200-RYT Certified Yoga Instructor, ACE Group Fitness Instructor, ICCE Childbirth Educator. She teaches classes for Sutter Hospital and Herself Yoga.

