



# SPIRITUAL DELI

*Nourishment for the Soul*

3 West Superior Street  
Duluth, MN 55802  
218.722.9378 ~ spiritualdeli.com

*Your Downtown Wellness and Yoga  
Connection!*

*From Carnivores to Vegans, Ties to Tattoos,  
There's Something on Our Menu to Nourish  
Your Soul!*

### Specialty Menu

Full Moon Yoga 7-9PM, 1/30 2/28, 3/30, \$5  
Yin Yoga 6:30-8PM, 1/11, 2/8, 3/8, \$12.50  
Yogallery Art Openings 5:30-7:30PM, free, once per month  
Equinox Sun Salutations with Live Cello 10-12PM, 3/20, \$12.50  
Creative Cello Flow~ Web of Life 6-8PM, 1/15, \$15.00  
Workshop: Nourishment For Your Time 3/27, 10-1PM \$55  
Workshop: Nourishment For Your Mind 3/27, 2-6PM \$55  
Both Nourishment Workshops \$99

### Class Prices

Drop In \$12.50  
Student/Senior \$7.50

### Punch Cards

4 classes \$40  
10 classes \$100  
Unlimited monthly pass \$75

**Gift Certificates are available!**

## Winter Menu Jan. 4<sup>th</sup>~April 4<sup>th</sup>

### Mondays

- ❖ Monday Morning Mindfulness Yoga  
7-8:15AM Gary
- ❖ Neck and Shoulders 12:05-12:55PM Jodi
- ❖ Power Yoga, Iyengar Way (Begins 1/25)  
5:30-6:45PM Kate

### Tuesdays

- ❖ Community Yoga for 50 and Over 10-11AM  
Kiki (\$5 suggested donation)
- ❖ Yoga Flow 4-5:30PM Hilary
- ❖ Iyengar Yoga I,II (Begins 1/26) 6-7PM Kate

### Wednesdays

- ❖ Beginning Yoga With Childcare (\$2.50 per  
child) 9:30-10:30AM Jodi
- ❖ Backs & Hips 12:05-12:55PM Jodi
- ❖ Yoga Flow 4:30-5:30PM Hilary
- ❖ Zen Meditation 7:10-7:40PM

### Thursdays

- ❖ Yoga, Celebrating Women Over 45  
(Begins 1/21) 5:30-6:40PM Kate
- ❖ Yoga Flow 7-8P Hilary
- ❖ Healing Dances 7-8PM Salima

### Fridays

- ❖ Relax & Renew 12:05-12:55PM Jodi
- ❖ Beginning Yoga 4-5:15PM Caroline

### Saturdays

- ❖ Zen Meditation 6-9AM