

Images

- Massage hero image 1
- Massage hero image 2
- Yoga hero image 1
- Yoga hero image 2
- Gallery images

Text Content

- Homepage massage description
- Homepage massage locations
- Homepage yoga description
- Homepage yoga locations
- Full yoga description
- Full massage therapy description
- Karla's current schedule
- List and descriptions of available classes

Home Page

- **Two clickable images taking you to respective pages. Example:**
<http://www.mygoodgrains.com/>
 - Massage Therapy
 - Hero image
 - Brief description
 - Locations
 - Yoga Instruction
 - Hero Image
 - Brief description
 - Locations

Yoga Page

- Full description on main Yoga page, picture, info about Karla, how long she's been teaching yoga, etc.
 - Locations listed at bottom, with links to contact page
- Link to Calendar page
 - Locations, times, and levels of classes that are available
- Link to Contact page to schedule classes
 - Contact form
 - Field 1: Select a Location
 - Field 2: Select a Time
 - Field 3: Select a Level
- Link to Gallery Page

- Grid of provided photos of Karla, Karla's lessons, facility photos, etc
 - Clicking an image from the grid pops up a full size image with description & which facility it was taken at, if applicable

Massage Therapy Page

- Full description on main Massage Therapy page
 - Locations listed at bottom, with links to contact page
- Link to Calendar Page
 - Locations, times, and levels of classes that are available
- Link to Contact page for appointments
 - Contact form
 - Field 1: Select a Location
 - Field 2: Select a Time
 - Field 3: Select a Level

Needed from Karla

- Provide both brief & full yoga descriptions
 - Include descriptions of different level classes
- Provide full & brief massage therapy descriptions
- Be sure to include a bit about yourself, and how long you've been doing both yoga and massage therapy

Known Info

This info should be under both location and scheduling pages.

LivFitness in Kirkwood (Pre-registration Required, it's easy, go online or use the App (here I'll provide the link) -- Your First class is FREE! Call & talk to Jason):

- Tue 6AM (Warrior Yoga)
- Thu 6AM (Warrior Yoga)

SNAP Fitness (Crosstown Dr, Peachtree City):

- Fri 10:30AM (Beginner's Yoga)

Iron Root Studio in Grant Park (Non-Members can DROP-IN for only \$10!):

- Wed 12n (Vinyasa Flow ALL Levels)
- Wed 5pm (Restorative / Gentle Yoga)
- Wed 6pm (Vinyasa Flow ALL Levels)

Jones Physical Therapy - Must call or email to schedule appt with contact person for this location

Tuesday 12PM; 5:30-6:30pm

Wednesday: 7:45-8:45pm