



# June Schedule 2018

## Monday

9:30 to 11 am – Begin with Basics with Tracy  
6 to 7:15 pm – Aroma Flow Yoga with Melissa  
7:30 to 8:45 pm – Gentle Yoga with Michelle

## Tuesday

9 to 10 am -Yin Yoga with Danielle  
6 to 7:15 pm – Begin with Basics with Lynn  
7:30 to 9 pm – Gentle Yoga with Lynn

## Wednesday

9:30 to 10:30 am – All Levels Yoga with Maria  
6 to 7:15 pm – All Levels Yoga with Lynn

## Thursday

9:30 to 10:30 am – All Levels with Danielle  
6 to 7:15 pm – Good to the Core Yoga with Robyn  
7:30 to 8:45 – Restorative Yoga with Toula

## Friday

9:30 to 10:30 am – All Levels Yoga with Lynn  
6 to 7 pm – Happy Hour Yoga with Danielle

## Saturday

10:15 to 11:30 am – All Levels Yoga with Lynn

## Sunday

9:30 to 10:45 am – Yoga on the River with Melissa  
*(Class at end of Main St. by river, weather permitting, check FB)*  
Noon to 1:15 pm – Vinyasa Flow with Erica  
6 to 7:15 pm – Gentle Yoga with Anita

Other June events:

- \* **Nia Class** Th, 6/7, 4:30
- \* **Double Happy Hour** Fri. 6/8  
6-7 yoga, 7-8 pm refreshments
- \* **Summer Solstice Yoga Mala**,  
Th. 6/21, 5:30 to 7:30 am, Salute  
the Sun
- \* **Yoga Nidra**, W 6/27, 7:30 pm

## Class Pricing

Drop In Class	\$14	(12)
5 Class Card	\$65	(55)
10 Class Card	\$120	(100)
30 Day class card	\$120	(100)
Drop in- one hour class	\$10	

*(Senior 62+ and student rates,  
available with valid ID)*

*5 and 10 class cards are valid for 6  
months*

<b>New Student Special</b> <b>30 days unlimited classes \$40</b>
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## \*Yoga on Demand\*

Private lessons for you or your  
group, pick your time...

Private Hour \$ 60

Semi Private (3-4) \$70