

# NEW CLASSES start July 1<sup>st</sup>!

Mon/Wed	10:30 am-12:00 pm	Anusara-Inspired Yoga™	Kaj Hoffman
Mon/Wed	5:00-6:25 pm	Level 1	Romi Cumes
Monday	5:00-6:25 pm	Ashtanga Yoga Basics	Damien de Bastier
Mon/Wed	6:30-7:55 pm	Level 1-2	Niav Connor
Mon/Wed	6:30-7:55 pm	Yoga for Core Strength	Cybil Gilbertson
Mon/Wed/Fri	6:30-7:55 pm	Level 2-3	Debra Morehouse
Tues/Thur	8:30 -10:00 am	Level 1-2	Cynthia Abulafia
Tues/Thur	9:00-10:25 am	Level 2-3	Erika Hewitt
Tues/Thur	9:00 - 10:15 am	Yoga for a Healthy Back starts July 14	Emily Kligerman
Tues/Thur	10:30 am - 11:55 am	Level 1	Debra Morehouse
Tues/Thur	12:15-1:15 pm	Yoga for Stress Management, \$12 starts July 14	Emily Kligerman
Tues/Thur	5:15-6:25 pm	Pre & Post Natal Yoga, \$12	Siddhi Ellinghoven
Tues/Thur	6:30-8:00 pm	Kundalini Yoga	Siddhi Ellinghoven
Tuesday	8:00-9:30 pm	Restorative Yoga	Maggie Lang
Wednesday	5:00-6:25 pm	Intro to Iyengar Yoga	Sue Elivique
Saturday	10:30 am-12:00 pm	Iyengar Yoga	Sue Elivique
Saturday	10:30 am-12:00 pm	Level 1-2 Ashtanga Yoga	Damien de Bastier
Saturday	5:00-6:30 pm	Level 2	Debra Morehouse
Sunday	10:30 am-12:00 pm	Level 1-2	Kat Connors-Longo