

Highlighted in Yellow are located in the NEW upstairs studio! Join us and bring a friend!

DAY	TIME	LEVEL	DESCRIPTION	INSTRUCTOR
MONDAY	9:30-10:45 AM	Level II	Ashtanga Flow	Lizzy
	5:30-6:30 PM	All Levels	Thai/Partner Yoga	Suzanne
	7:00-8:15PM	Level II & III	Vinyasa Flow	Jennifer Lowery
	7:30-8:45 PM	Level I	Restorative Therapeutic	Chris
TUESDAY	7:30-8:45 AM	Level II	Iyengar, Vinyasa	Chris
	9:30-10:45 AM	Level I	Restorative Therapeutic	Chris
	5:30-7:00 PM	Level II & III	Power, Iyengar	Chris
	6:30-7:45 PM	Level I & II	Restorative Kriya	Julie
	7:30-8:45 PM	Level II	(Internal Heat) Vinyasa Flow	Charlaina
WEDNESDAY	9:30-10:45 AM	Level I & II	Restorative Kriya	Lizzy
	4:30-5:30 PM		Kids Yoga 7 Years & up	Jennifer
	4:30-5:30 PM	Level I & II	Restorative Kriya	Julie
	6:00-7:15 PM	Level I & II	Kripalu Centering	Linn
	7:30-9:00 PM	Level II	Anusara Yoga	Rita Knorr
THURSDAY	7:30-8:45 AM	Level II	Iyengar, Vinyasa	Chris
	9:30-10:45 AM	All Levels	Nia: Yoga Inspired Dance	Christine
	4:30-5:30 PM	Level I	Restorative Kriya Yoga	Julie
	5:30-7:00 PM	Level II & III	Ashtanga Flow (Internal Heat)	Lizzy
	6:30-7:45 PM	Level I & II	Restorative Kriya	Julie
	7:30-8:45 PM	Level I	Restorative Therapeutic	Chris
FRIDAY	9:30-10:45 AM	Level I	Restorative Therapeutic	Chris
	11:30-12:30 PM	Level I & II	Vinyasa Flow	Jennifer
	4:30-5:30 PM	Level I & II	Restorative Kriya	Julie
	5:30-7:00 PM	Level II & III	Power, Iyengar	Chris
SATURDAY	9:30-10:45 AM	Level I & II	Restorative Therapeutic	Chris
	10:30-11:45 AM	Level II & III	(Internal Heat) Vinyasa Flow	Laura
	11:30-12:30 PM	All Levels	Nia: Yoga Inspired Dance	Christine
SUNDAY	8:15-9:00AM	All Levels	YOGA Meditation	Julie
	9:30-10:45 AM	Level I & II	Kriya Restorative	Julie
	5:30-7:30 PM	Level II & III	Power, Iyengar, Meditation	Chris

- Level I** Appropriate for beginner students, students with injuries, seniors, pre-natal, students who like a slower paced class.
- Level II** Appropriate for students with a bit of yoga experience or experienced students who like a bit more meditation, breathing practices and more advanced postures.
- Level III** Appropriate for advanced students who wish to dive into more advanced yoga postures and practices and like a faster paced class.

Days closed for upcoming year:

Monday, December 24th. 2007 Christmas Eve
Tuesday, December 25th. 2007 Christmas Day
Monday, December 31st. 2007 New Years Eve
Tuesday, January 1st. 2008 New Years Day
Sunday, March 23rd. 2008 Easter Day
Friday, July 4th. 2008 Independence Day
Monday, September 1st. 2008 Labor Day
Thursday, November 27th. 2008 Thanksgiving



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