



Schedule of classes

Spring 2010: March 16 – June 15

Monday

8:30a – 9:45a	Mixed Level	Kim Kemper
9:45a – 11:15a	Intermediate	Marguerite Henderson
12:00p– 12:45p	Lunchtime Express	Dion Boehm
6:30p – 8:00p	Mixed Level	Megan Goldbacher
6:00p - 8:30p	Yoga Coreografi/4** 5/10, 5/24, 6/7, 6/14	Abigail Boehm

Tuesday

9:15a – 10:45a	Mixed Level	Naime Jezzeny
11:00a – 1:00p	The Practice*	Naime Jezzeny
6:00p – 7:30p	Mixed Level	Mariel Freeman
7:00p – 8:15p	Beginner	Melanie Smith

Wednesday

8:30a – 9:45a	Beginner	Kim Kemper
9:45a – 11:15a	Intermediate	Sue Elkind
12:00p– 12:45p	Lunchtime Express	Dion Boehm
4:00p - 5:00p	Kids Yoga Club/6 **** 3/24, 3/31, 4/7, 4/14, 4/21, 4/28	Sarah Hochburger
6:30p – 8:00p	Mixed Level	Holly Haynes
6:30p - 8:30p	Fundamentals of Yoga** 3/10, 3/17, 3/24 & 3/31	Sue Elkind
	Meditation Series/4** 4/14, 4/21, 4/28 & 5/5	Sue Elkind

Thursday

9:15a – 10:45a	Mixed Level	Naime Jezzeny
11:00a – 1:00p	Everyday Therapeutics** Part III: 3/18, 3/25, 4/1, 4/8	Naime Jezzeny
6:00p – 7:30p	Mixed Level	Donna-Marie Emmi
7:00p – 8:15p	Beginner	Andy Gardiner

Friday

8:30a – 9:45a	Mixed Level	Andy Gardiner
12:00p – 12:45p	Lunchtime Express	Peter Page

Saturday

8:30a – 9:45a	Beginner	Abigail Boehm
10:00a – 11:30a	Mixed Level	Melanie Smith

Sunday

9:00a – 10:15a	Beginner	Sue Elkind
10:30a – 12:15p	Advanced/Intermediate	Abigail Boehm
12:30p– 1:30p	Power Hour	Dion Boehm
12:30p- 1:30p	Kid's Yoga	Sarah Hochburger

Power Hour: An hour packed with energetic asanas ~ all level

Kids Yoga: An hour filled with wonderful youth oriented yoga: 5 – 12yrs.

* **The Practice:** Teacher led practice offering inter. & advanced asanas.

** **Specialty classes/series to deepen your practice. \$25 per class, \$80 for 4 part series. Cards & Monthlies will not apply.**

*****Kids Yoga Club: \$72 for all 6, Drop-in: \$12. Snack served before.**