



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:45 am Continuing Level 2		9:30-10:30am Gentle Flow Level 1 - 3	9:30-10:45 am Continuing Level 2	No Classes	8:30-9:45am Continuing Level 2/3
	5:30-6:45pm Continuing Level 2/3				

Continuing | Level 2 - 75 mins

Continue to explore and build your practice. May include sun salutations, standing and seated postures, backbends and inversion work.

Continuing | Level 2/3 - 75 mins

Poses are linked in a more vigorous, flowing style. Includes variety of standing and seated postures, backbends, some arm balance work and inversions.

Gentle Flow | Levels 1-3 - 60 mins

Steadily build strength, flexibility and balance. Combines gentle flowing movements and longer holds.

Restorative | Beginners/Everyone - 75 mins **Monthly class - last Tuesday of the month**

Longer held, fully supported postures allow for the deepest release of tension, stiffness and stress. Guided breathing and relaxation. Quiets the mind, calms the nervous system. Leave feeling rested, renewed and restored.

Yoga Nidra | Everyone - 60 mins (monthly class)

Also known as yogic sleep said to equal 4 hours of sleep. Deep blissful guided relaxation.

*All classes may include breathing exercises (pranayama), relaxation and meditation.
Most classes are on-going, you can join any time. We love drop-ins.*

Pricing

All Punch Cards Valid for 3 Months

**Private/Semi-Private/Yoga Therapy
by Appointment**

Single Class Drop in \$20

5 Class Punch Card \$75

10 Class Punch Card \$140

20 Class Punch Card \$240

Contact Marilyn with questions or to schedule an appointment.

