

# North Main Yoga

May our practice help us to become kinder, and more truthful beings, and may we all teach peace and virtue by example.

~Max Strom

## Monday

9:15 - 10:30am	<i>Iyengar Style</i>	Janice
10:45 - 11:45am	<i>Restorative Yoga</i>	Janice
12:00 - 1:00pm	<i>Yoga for Athletes</i>	Janice
4:00 - 5:00pm	<i>Community Yoga (\$5)</i>	Craig
5:30 - 6:45pm	<i>Vinyasa - All Levels</i>	Brian
7:00 - 8:30pm	<i>Sivananda</i>	Caroline

## Tuesday

6:30 - 7:30am	<i>Iyengar Style</i>	Janice
9:15 - 10:30am	<i>Vinyasa - Level 1 &amp; 2</i>	Brian
4:00 - 5:00pm	<i>Community Yoga (\$5)</i>	Craig
5:30 - 6:45pm	<i>Ashtanga Yoga</i>	Emma
7:00 - 8:15pm	<i>Vinyasa - Level 1 &amp; 2</i>	Liz

## Wednesday

6:30 - 7:30am	<i>Iyengar Style - Level 1</i>	Janice
9:15 - 10:30am	<i>Iyengar Style</i>	Janice
10:45 - 11:45am	<i>Restorative Yoga</i>	Janice
12:00 - 12:30pm	<i>Meditation (\$5)</i>	Craig
4:00 - 5:00pm	<i>Community Yoga (\$5)</i>	Craig
5:30 - 6:45pm	<i>Vinyasa - All Levels</i>	Brian
7:00 - 8:30pm	<i>Sivananda</i>	Caroline

## Thursday

6:30 - 7:30am	<i>Iyengar Style</i>	Janice
9:15 - 10:30am	<i>Vinyasa - Level 1 &amp; 2</i>	Brian
4:00 - 5:00pm	<i>Community Yoga (\$5)</i>	Craig
5:30 - 6:45pm	<i>Ashtanga Yoga</i>	Emma
7:00 - 8:15pm	<i>Vinyasa - Level 1 &amp; 2</i>	Liz

## Friday

9:15 - 10:30am	<i>Iyengar Style</i>	Janice
10:45 - 11:45am	<i>Yoga for EveryBODY</i>	Janice
12:00 - 12:30pm	<i>Meditation (\$5)</i>	Craig
4:00 - 5:00pm	<i>Community Yoga (\$5)</i>	Craig
5:30 - 6:45pm	<i>Vinyasa - All Levels</i>	Brian

## Saturday

7:30 - 8:30am	<i>Yoga for EveryBODY</i>	Craig
9:00 - 10:15am	<i>Community Yoga (\$5)</i>	Kelly
10:45 - 12:15pm	<i>Vinyasa - All Levels</i>	Brian

## Sunday

9:00 - 10:15am	<i>Community Yoga (\$5)</i>	Kelly
10:45 - 12:15pm	<i>Karma Yoga - Level 1 &amp; 2</i>	Liz
2:00 - 3:15pm	<i>Yoga for Women's Health</i>	Jennifer

