

Dedicated To

Zenality YOGA

December 7th - December 31st, 2015

Monday

9-10:15a "Yoga for Stress Relief Ella
12-1p Vinyasa (60) Kayla
3:30-5p "Hatha/Restorative Kayla
6-7:15p "PRI Yoga Alice
(concludes Dec. 14th)

Wednesday

7:15-8:15a Vinyasa (60) Erica
9-10:15" The Divine Diaphragm Erica
12-1p Vinyasa (60) Lisa T
3:30-5p "Revitalize & Restore Erica
6-7:15 "Fundamentals of Hatha Gisele
7:30-9p" Beginner Dance Sampler
(Concludes Dec 16th)

Friday

9-10:15a Meditation & Hatha Ella
12-1p Vinyasa (60) Susan B
4:15-5:15p Community Class \$5
(Rotating Teachers)

Tuesday

7:15-8:15a private lessons
9-10:15 "Gratitude & Wellness Michelle
12-1p Vinyasa (60) Gisele
3:30-5p "The Calm Warrior Erica
5:30-6:30p Vinyasa (60) Erica
7-8:15p "Heated Room Yoga Erica

Thursday

7:15-8:15a private lessons
9-10:15a Meditation & Hatha Michelle
12-1p Vinyasa (60) Susan B
3:30-5p Meditation & Hatha Erica
5:30-6:30p Vinyasa (60) Erica
7-8:15p "Liquid Movement Erica

Saturday

10-11:30a Ecstatic Dance Erica
12-1p Vinyasa (60) Will B
1:30-2:30" Intro to Somatics Sue B

Sunday

9:30-10:45 Prevent Injury Yoga Susie
12-1p Vinyasa (60) Michael W
1:30-3:30 "Chakra Meditation & Yin
(2 hr class concludes Dec 20th) Matthew S

"Classes are 3 Week Series Classes. Available for preregistration online.

HOLIDAY SCHEDULE:

Christmas Eve - SPECIAL 90 MINUTE CLASS- 10-11:30a

Christmas Day - No Classes

New Years Eve - SPECIAL 90 MINUTE CLASS - 10-11:30a

WORKSHOPS:

Arm Balancing Workshop \$25

Sunday, December 20th 5-7pm

Taught by Erica Belfiore.

Wombology: Blindfolded Contact Dance

Friday & Saturday, December 9 & 10th \$20 each

Presented by Ethan Clarkmore

EVENTS:

Winter YTT Info Meeting

Monday, December 7th, 7:45-9pm

Q & A with Lotus Seed Teacher Training 2016

Solstice Social

Monday, December 21st, 7-9pm

Free yoga class, Wine, Raffle, and Art Showing

The Art Of Movement