



# YOGA in COMMON CLASSES JUNE 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beach Yoga 8:30-9:15 AM \$10 cash Danielle Guido			Beach Yoga 8:30-9:15AM \$10 cash Mackenzie M		7:00-8:00am Forrest FLOW  Joanna Ducey	9:00-10:30 am Ashtanga-FLOW  Stephanie Clifford
9:30-10:45 am Vinyasa FLOW  Stevie Goggans	9:30-10:30 am Vinyasa FLOW MacKenzie Montgomery	9:30-10:30 am BASIC Hatha  Sherry P	9:30-10:30 am Vinyasa FLOW  Stephanie C	9:30-10:30 am Gentle YIN  Claire Liddle	9:30-10:30 am Vinyasa FLOW  Sherry Peckham	9:30-10:30 am BASIC Hatha  Sherry Peckham
					10:00-11:00 BASIC Hatha Kathy Hirschfeld	
11:00-12:00 Slow FLOW Ben Sota 11:30-12:30 Power Hour Maura Utley	11:00-12:00 BASIC Hatha  Sue Pearly	11:00-12:15 Slow FLOW Yoga Stephanie C	11:00-12:00 Yoga For The Inflexible Kathy Hirshfeld	11:00-12:00 Align & FLOW  Claire Liddle	11:00-12:00 GENTLE Yoga  Sherry Peckham	
1:30-2:30 pm GENTLE Yoga  Sue Pearly or Carolyn Bassett	12:15-1:15 pm Tai Chi Yoga Pass or \$7 Bill Tierney  12:30-1:30 pm Vinyasa FLOW Irene Adams	12:30-1:30 pm Vinyasa FLOW Alex Christie  2:30-3:30 Reiki Call for an appt w/Alex	12:30-1:30 pm Vinyasa FLOW Laurie Spector  2:30-3:30 Gentle Yoga Carolyn Bassett	12:30-1:30 pm Vinyasa FLOW Stephanie	12:30-1:30 pm Vinyasa FLOW Mackenzie M.  2:30-4:00 pm Reiki Sessions Joanne or Sheri Please call for appt	2:10-2:50 pm Mindfulness Meditation by donation  Joe DiSabatino Or Jackie Snyder
3:00-4:00 pm RESTORATIVE Yoga Carolyn Bassett  4:10-4:50 pm Mindfulness Meditation by donation Carolyn Bassett	4:30-5:30 pm GENTLE Yoga  Sue Pearly	5:30-6:45 pm Vinyasa FLOW  Laurie Spector	4:30-5:45 pm YIN Yoga  Carolyn Bassett	4:30-5:30 pm GENTLE Yoga  Janeen A	4:30-5:30 pm RESTORATIVE Yoga  Joanne Dagato	3:00-4:00 pm GENTLE Yoga Irene Adams  4:00-5:00 pm Vinyasa FLOW  Sue O'Brien
5:00-6:15 pm KUNDALINI Yoga  Laura Bradford	6:00-7:00 pm Stretch and STRENGTHEN  Danielle Guido	6:00-7:00 pm YIN Yoga  Joanne Dagato	6:00-6:45 pm Pranayama + Meditation by donation Stevie Goggans	6:00-7:00 pm Vinyasa FLOW  Kathy Hirschfeld	5:30-6:30 pm Soothing Vinyasa FLOW  Stevie Goggans	
	6:15-7:00 pm Restorative Breathwork The breath IS the Work. All levels. Pass or donation Michael Muckin	7:00-8:00 pm GENTLE Yoga  Whitney Dodenhoff	7:00-8:00 pm Vinyasa FLOW  Sue O'Brien		6:30-7:30 pm YIN + Flow Yoga  Sheri Stoddard	

**BLACK:** Studio ONLY    **RED:** Studio & ZOOM