



YOGA in COMMON

Studio & Online Classes

NOVEMBER, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30-10:30 BASIC Hatha Megan Russell	9:30-10:30 am Gentle YIN Yoga Claire Liddle	9:30-10:30 am Vinyasa FLOW Sherry Peckham	9:30-10:30 am Vinyasa FLOW Sherry Peckham
					10:30-11:30 BASIC Hatha Kathy H	
11:00-12:15 Slow FLOW Ben Sota	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:00 Functional Yoga: Strength & Vitality for Life Carolyn B	11:00-12:00 Yoga For The Inflexible Kathy Hirshfeld	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 GENTLE Sherry	11:00-12:15 Stretch and STRENGTHEN Danielle Guido
1:00-2:00 GENTLE Yoga Carolyn Bassett	1:00-1:45 pm Tai Chi Yoga Pass or \$7 Bill Tierney	1:00-2:00 Vinyasa FLOW Danielle Guido	1:00-2:00 Vinyasa FLOW Laurie Spector	1:00-2:00 Vinyasa FLOW Laurie Spector	1:00-2:00 YIN Yoga Joanne Dagato	1:00-2:00 Slow FLOW Sue O'Brien 2:15-3:00, free Seated Meditation w/Pensri or Joe D
3:00-4:00 pm RESTORATIVE Yoga Carolyn Bassett	4:30-5:30 pm GENTLE Yoga Sue Pearly	4:30-5:45 pm Slow FLOW Danielle Duvall	4:30-5:45 pm YIN Yoga Danielle Duvall	4:30-5:30 pm GENTLE Yoga Laura Bradford	4:30-5:30 Slow FLOW Stevie OR Sue O'Brien	
5:30-6:30 pm SUN, NOV 29 Kirtan (music) Open to ALL, Free Laura Bradford	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	6:00-7:15 pm Journey Into POWER Yoga Ged Duvall	6:00-7:15pm KUNDALINI Yoga Laura Bradford	6:00-7:00 pm PILATES All-levels mat class Yoga Pass or \$16 Kristin Johnson	5:30-6:30 Belly Dance Yoga Pass or \$16 Christine Bonaparte	
		7:30-8:30 pm GENTLE Yoga Whitney D		7:30-8:30 pm Healing Reiki FLOW Yoga Lindsay Woreck		LATE NIGHT YOGA FLOW YOGA, all levels SATURDAY, NOV 28 8:30-9:30 pm, \$10 all Danielle Guido

Classes in **BLACK**: Combination class—come into the Studio (maximum of 8) OR participate Livestream via ZOOM.

Classes in **RED**: **studio only** with physical distancing and other safety measures. Please pre-register online for class or call us.

Please NOTE : Face Coverings are REQUIRED in the Boutique & Hallways. They are optional once you are seated on your mat.