



YOGA in COMMON **Studio & Online Classes**

OCTOBER, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-10:00 am Beach Yoga \$10, everyone Danielle Guido			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	
11:00-12:15 Slow FLOW Ben Sota	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:00 All Levels Functional Strength Class 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 YIN Yoga Joanne Dagato	1:00-2:15 Journey Into POWER Yoga Ged Duvall	1:00-2:00 Vinyasa FLOW Laurie Spector	1:00-2:00 Vinyasa FLOW Kathy Hirshfeld	1:00-2:00 Slow FLOW Sue O'Brien 2:15-3:00, free Seated Meditation w/Joe DiSabatino
	4:00-5:00 pm GENTLE Yoga Sue Pearly	4:00-5:15 pm Slow FLOW Danielle Duvall	4:00-5:15 pm YIN Yoga Danielle Duvall	4:00-5:00 pm GENTLE Yoga Laura Bradford	4:00-5:15 Slow FLOW Stevie Goggans	
5:30-6:30 pm SUN, OCT 25 Kirtan (music) Open to ALL, Free Stevie Goggans	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	6:00-7:15 pm Vinyasa FLOW Laurie Spector	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 BASIC Hatha Sherry P		LATE NIGHT YOGA Flow for all levels SATURDAY, OCT 31 8:30-9:30 pm, \$10 all Costumes Welcome!! 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

- Saturday Meditation is 2:15-3:00 pm.
- During the Livestream Classes, only the Teacher is shown on camera. No students are in the video.
- Masks are REQUIRED in the Boutique & Hallways. They are optional once you are seated on your mat.