

Yoga at Studio B October 2019

(Studio B Academy of Ballet
229 Clark Avenue Suite B)

Unless noted all classes are \$5.00 per session



ANNOUNCEMENTS

Therapeutic Mindful Movement Workshops with
Paleena Moyer October 15 and 17. contact Jan
Or Holly for details

Regular classes for October 15 and 17 canceled
The Tuesday 8:30 AM has been removed from
schedule

MONDAY with Dennis

10:00 – 11:00 GENTLE YOGA

TUESDAY with Jan:

Classes canceled for workshop Oct 15

10:00 – 11:00 GENTLE YOGA

11:15 – 12:15 – CHAIR YOGA

Wednesday

10:00 – 11:00 GENTLE YOGA (Dennis)

7:15pm – 8:15pm VINYASA FLOW (Saundra)

Thursday with Holly

Classes canceled for workshop Oct 17

8:30 – 9:30 VINYASA FLOW

10:00 – 11:00 GENTLE YOGA

11:15 – 12:15 CHAIR YOGA

FRIDAY with Dennis:

11:30 – 1:00 YIN / YANG YOGA

SATURDAY with Holly:

8:00 – 9:00 VINYASA FLOW

Sunday

9:30 – 11:00 SHARE THE YOGA

alternating Sundays with Dennis or Saundra

Let's see where the flow will take us

FOR INFO CONTACT:

Holly:

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Jan Frink:

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Dennis Lewis:

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Saundra: swiechma@comcast.net