

WILLOW GLEN YOGA

SUMMER 2008 SCHEDULE

<u>Day / Time</u>	<u>Class</u>	<u>Instructor</u>	<u>Level</u>
Monday			
9:00 - 10:30 am	Vinyasa	Susannah	1-2
4:00 - 5:30 pm	Yin Yoga	Lorien	All Levels
6:00 - 7:30 pm	Vinyasa	Jenny	1-2
7:45 - 9:30 pm	Prenatal	Nanci	Any time in Pregnancy
Tuesday			
9:00 - 10:30 am	Iyengar/Flow	Kent	All Levels
6:00 - 7:30 pm	Strong Vinyasa	Kent	2-3
7:45 - 9:00 pm	Yin Yoga	Lorien	All Levels
Wednesday			
9:00 - 10:30 am	Hatha Flow	Michelle	All Levels
4:00 - 5:30 pm	Restorative Yoga	Michelle	All Levels
6:00 - 7:45 pm	Yoga Basics	Micki	All Levels
7:45 - 9:00 pm	Intro Series - Call First	Micki	Beginners
Thursday			
9:00 - 10:30 am	Iyengar/Flow	Kent	All Levels
6:00 - 7:30 pm	Strong Vinyasa	Kent	2-3
7:45 - 9:00 pm	HathaFlow	Lorien	All Levels
Friday			
8:00 - 9:30 am	Yin Yoga	Michelle	All Levels
10:00 - 11:30 am	Hatha Flow	Michelle	All Levels
4:00 - 5:30 pm	Yin Yoga	Maggie	All Levels
6:00 - 7:30 pm	Strong Vinyasa	Susannah	2-3
Saturday			
8:00 - 9:30 am	Camp Chaturanga	Kent	2-3
10:00 - 12:00 pm	Yoga Soup	See Website	2-3
Sunday			
8:00 - 9:15 am	Intro Series - Call First	Micki	Beginners
10:00 - 11:30 am	Yoga Basics	Micki	All Levels
5:00 - 6:30 pm	Vinyasa	Alyssa	1-2
6:45 - 8:00 pm	Yoga Basics	Lynn	All Levels