



Class Schedule

Sep-Dec 2017

Subject to change, YogaBorn.com *body positive since 2007*

Range of Class Challenge

1 Easygoing 2 Beginner 3 Moderate 4 Advanced

Sundays

8:15-9:00AM Mixed Levels 3

9:15-10:15AM Mixed Levels 3

10:30-11:30AM Only 9/10, 10/1, 11/5, 12/3 Guided Meditation 1

Mondays

4:45-5:45PM Strength & Structure 4

6:00-7:00PM Beginners 2

Tuesdays

9:30-10:30AM Mixed Levels 3

4:45-5:45PM Beginners 2

6:00-7:00PM Mixed Levels 3

Wednesdays

11:30-12:30PM Mixed Levels 3

5:00-5:45PM Yoga 4 Your Back 3

6:00-7:00PM Restorative 1

Thursdays

9:30-10:30AM Mixed Levels 3

5:00-5:45PM Strength & Structure 4

6:00-7:00PM Beginners 2

Fridays

5:00-6:00PM Mixed Levels 3

Saturdays

8:15-9:00AM Mixed Levels 3

9:15-10:15AM Mixed Levels 3

Workshops \$22 In Advance / \$25 Day Of / \$20 Members

Advanced Yoga *Sundays 5-6:30PM* 9/17, 10/15, 11/12, 12/10

Chair Yoga *Saturdays 10:30-11:30AM* 9/16, 10/21, 11/18, 12/16

Yoga & Gongs *Sundays 5-6:30PM* 9/24, 10/29, 11/26, 12/17

Drum Circle with Mary Ertel

Fridays

6:45PM Newbies

7-8:30PM Circle

9/8, 10/13,

11/10, 12/8

Donations accepted.

Reiki Shares

Fridays 6:30-8:30PM

9/15, 10/6, 11/3, 12/1

For all reiki certified.

Reiki Orientations

Saturdays 12:30-1:30PM

10/14 & 12/9

Reiki Certifications

Saturdays 12:30-5:30PM

Level I 9/9 & 11/4

Level II 9/23 & 11/11

Healing Arts

By Appointment:

Personal Yoga

Dawn Greenfield

860-432-5678

Stellar

Therapeutic

Massage

Cari Mott

860-324-7029

Harmonious Self

Bonnie Zaman

860-944-1668