



Sound Yoga Winter 2011 February 12 - March 24 (6 weeks)

Monday

9:30-10:45am	Yoga I	Chris
4:15-5:30pm	Yoga II	Pat
5:45-7:15pm	Strong Bones	Pat
7:30-9:30pm	Buddhist Meditation	Rob

Tuesday

9:00-10:15am	Yoga II	Chris
4:30-5:45pm	Yoga I	Karie
6:30-7:45pm	Yoga I	Karie

Wednesday

5:30-6:45pm	Yoga II	Chris
7:00-8:15pm	Yoga for Relaxation	Cheryl

Thursday

9:00-10:15am	Yoga I	Karie
6:30-7:45pm	Yoga I	Karie

Friday

9:00-10:30am	Strong Bones	Chris
10:45-12:15pm	Yoga I - II	Chris

Saturday

9:00-10:15am	Yoga I	Brenda
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Sunday

9:15-10:30am	Yoga I	Karie
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Special Workshops:

Free Saturday Yoga: Saturday, March 10 and April 28; 10:30am - 11:45am

Vedic Chant with Virginia Wise: Saturdays Feb 18, Mar 17, Apr 21, May 19; 10:30am - 12:30pm

Restorative Yoga: Friday, Feb 24; 6:30pm - 8:00pm