

# YOGA

Mon. Jan 2, 2012 - Sun. Mar. 4, 2012

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
8:30 am	Pilates Donna Menneto		Pilates Donna Menneto		Pilates Donna Menneto	SAT. 8:30AM Pilates Donna Menneto
10:30 am	Mixed-Level Kripalu Yoga Jane Schaeffer		Mixed-Level Yoga Jane Schaeffer		Mixed-Level Yoga Carol Steinmetz	Sun. 9:00AM Yoga for Men Ari Gradus Sun. 10:30AM Flow Yoga Tracey Forest
12:00 pm			Chair Yoga Jane Schaeffer			SAT. 10:30AM
5:00 pm	Very Beginner Yoga Jane Schaeffer	(5:45) Mixed Level Flow Yoga Ali Wassick	(5:45) Yoga Mixed Level Flow Donna Myers			Jan 28 Peter Rizzo Feb 18 DivineYoga/Pure Yoga Feb 25 YOGA NIDRA INTRO
6:00 pm	(6:15) Community Meditation (Free) Jane Schaeffer			Beginner Yoga Ali Wassick	<del>(Feb 7th 7PM)</del> KIRTAN	



the **YOGA PLACE**

532 Main St  
(Enter in Back)  
www.benningtonyoga.com  
802-447-0101

**FEEES: One Class Drop in \$15.**

Passes are good for any and all classes

4 Class Pass: \$55.

9 Class Pass: \$99. • 18 Class Pass: \$180.

Beginner/Chair Yoga: \$80/ 8 weeks.

Meditation: Free

**Classes Ongoing: Start Anytime!**

For more information:

www.benningtonyoga.com

or call 802-447-0393

