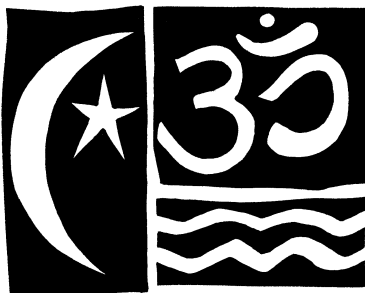


YOGA

July 5, 2010 - September 5, 2010

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
8:30 am	Pilates Donna Menneto		Pilates Donna Menneto		Pilates Donna Menneto	Saturday, 9:00 Pilates Donna Menneto
10:30 am	Multi-Level Yoga Jane Schaeffer		Multi-Level Yoga Jane Schaeffer		Multi-Level Yoga Carol Steinmetz	
5:00 pm	Very Beginner Yoga Jane Schaeffer					Sunday, 10:30 Flow Yoga Tracey Forest
5:30 pm			(5:45) Vinyasa Flow Yoga Donna Myers			Sunday, 7/11 5:00 - 7:00pm Restorative Yoga Workshop Ali Wassick
6:00 pm	(6:15) (FREE) Meditation Jane Schaeffer	Mixed Level Yoga Ali Wassick		Beginner Yoga Donna Myers		



the **YOGA PLACE**

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

FEES: Single Class/Drop in \$15.

1 Beginner Class per week: \$90/ 9 weeks.

(Recommended) 2 Beginner Classes per week: \$165.

9 Class Pass: \$99.

18 Class Pass: \$180.

4 Class Pass: \$55.

Classes Ongoing: Start Anytime!

For more information:

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