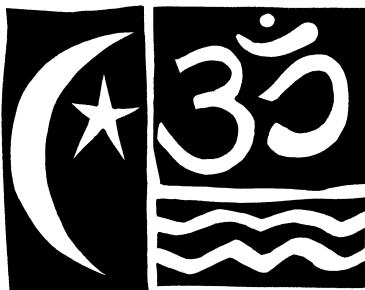


# YOGA

March 1, 2010 - April 30, 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
9:30 am		Ashtanga Practice Rebecca Healy		Hatha Flow Yoga Rebecca Healy		
10:30 am	Multi-Level Yoga Jane Schaeffer		Multi-Level Yoga Jane Schaeffer		Multi-Level Yoga Carol Steinmetz	4/10, 17, 24, 10:30 - 12 am Integrated Relaxation/ Yoga Nidra Jane Schaeffer
5:00 am	Very Beginner Yoga Jane Schaeffer					
5:30 pm			(5:45) Vinyasa Flow Yoga Donna Myers			Sunday, 10:30 Vinyasa Flow Yoga Tracey Forest
6:00 pm	(6:15) Meditation Jane Schaeffer			Beginner Yoga Donna Myers		



the **YOGA PLACE**

532 Main St  
(Enter in Back)

[www.benningtonyoga.com](http://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:

[www.benningtonyoga.com](http://www.benningtonyoga.com)

or call 802-447-0393

