


YOGA

JANUARY-APRIL SCHEDULE

Tuesday Jan. 1 - Sunday April 28, 2019

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKENDS
9:00 am		New Time Gentle Yoga. Charles Waters	9:00-10:00 AM PILATES Daisy Levy			SATURDAY 9-11:30am Peter Rizzo 1/5, 1/19, 2/2, 2/16, 3/2, 3/16 4/6 & 4/20 Pure Yoga/Divine Yoga!
10:30 - 11:45 am	YOGA: Mixed-Level Eclectic Charles Waters	Vinyasa Flow Yoga ॐ Charles Waters		10:00-11:15 AM Gentle Yoga Charles Waters	10:30-11:45AM YOGA: Mixed Level Ali Wassick	Noon-12:45 Childrens Yoga Party w/ Kristin Blinstrub 1/5 Mom/Family and Me 2/2 Yoga & Superheros (wear your superhero costume) 3/2 Yoga & Princess (YUP Wear your Sparkles) 4/6 Freeze Dance Wiggle, Giggle & Dance
12:00 - 1:00 pm	YOGA: Chair Yoga Jane Schaeffer	1-2pm Barbara Roan Workshop How to get down & How to get up 4 weeks. Begin 1/14		11:30-12:30 Chair Yoga VETS HOME Jane Schaeffer		
5:00 - 6:00 pm	YOGA: Very Beginner Ruby Solomon	5:30-6:30 PM Qigong for Beginners Tracy Purdy-Martin	5:30-6:45 PM YOGA: Mixed Level Vigorous Flow Ali Wassick	4:45-5:45 ॐ Yoga for Kids Sam Strubel	1/18, 2/15, 3/15 & 4/19 7PM Nataraja Bennington Community Dance Circle Kat Farnham	
6:30 pm				NEW! ॐ 600-715PM Restore and Align Rebecca Nenno		



532 Main St
(Enter in Back)
www.benningtonyoga.com

How will I Pay?

\$15 Drop in

Jan 1 - Feb 24: 8 Weeks \$88 or \$160

Feb 25 - April 28: 9 weeks \$99 or \$180

\$55 for 4 Class Pass (good indefinitely)

Barbara Roan Class \$50 4 weeks or \$15/class

Classes Ongoing: Start Anytime!

For more information:

www.benningtonyoga.com

or call 802-447-0393

 = NEW CLASS

