

YOGA

SCHEDULE

TUESDAY JANUARY 2, 2024 - TUESDAY APRIL 30, 2024

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKENDS
7:30-8:30 am			Slow Vinyasa Flow Allison Rogge			SATURDAY 9:00-11AM OLD SCHOOL VINYASA YOGA PETER RIZZO 1/6, 1/20, 2/3, 2/17, 3/2, 3/16, 4/6, 4/20 (by donation)
10:00 - 11:15 am	Easy Does It Z YOGA: Mixed Level Jane Schaeffer	Z YOGA: Gentle Yoga Charles Waters	900-1015AM. MIXED VINYASA FLOW Om ALLISON	Z Gentle YOGA Charles Waters	10:30-11:45am Om YOGA: Mixed Levels Flow Angie Rocca	9:00-1015AM VINYASA FLOW NANCY BROOKS 1/13, 1/27, 2/10, 2/24, 3/9, 3/23, 4/13, 4/27
12:00 - 1:00 pm	Z YOGA: Chair Yoga Jane Schaeffer		11:00-12 NOON SWEET YOGA Om CAROL STEINMETZ RETURNS!	YOGA: Z Chair Yoga Jane Schaeffer		SUNDAYS 4:00-5:00PM YIN YOGA TO RESTORE Angie Rocca 1/14, 1/28, 2/11, 2/25, 3/10, 3/24, 4/14, 4/28
5:30 - 6:45 pm	YOGA: Vinyasa Flow Mixed Level Allison Rogge	5:15-6:15 PM. VERY BEGINNER YOGA. JANE Om	5:15 - 6:15 pm Sattva Hatha Himilayan Yoga w/ Suzy Pence			WORKSHOPS SATURDAY 1/27-EXPLORE YOGA SEQUENCING Om 2/24-DHARMA DISCOVERY

\$15 for for Drop in Class

\$55 for 4 Class Pass

\$60 for 5 Class Pass

\$99 - 9 classes

\$180 - 18 classes

For more information:

www.benningtonyoga.com or call 802-447-0393

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

Z = Also On Zoom

Om = NEW CLASS

