


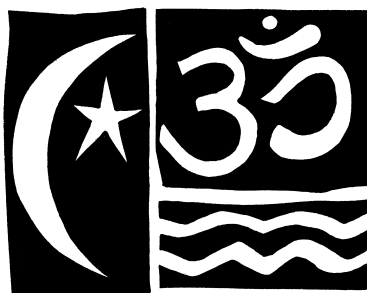


YOGA

MAY - JUNE SCHEDULE

Monday April 29- Sunday June 30, 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 5/4, 5/18, 6/1 & 6/15 Pure Yoga/Divine Yoga!
10:30 - 11:45 am	YOGA: Mixed-Level Eclectic Jane			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 5/4 Mom/Family and Me 6/1 Yoga & Superheros (wear your superhero costume)
12:00 - 1:00 pm	YOGA: Chair Yoga Jane Schaeffer	4:30-5:15 Beginner Strength & Balance 		5:30-6:45 PM YOGA: Mixed Level Vigourous Flow Ali Wassick		
5:00 - 6:00 pm	YOGA: Very Beginner Jane	Tracy Purdy Martin			5/17 & 6/21 7PM Nataraja Bennington Community Dance Circle Kat Farnham	
6:30 pm		5:30-6:30 PM Qigong for Beginners Tracy Purdy-Martin		NEW! 600-715PM Restore and Align  Rebecca Nenno		



the **YOGA PLACE**

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

How will I Pay?

\$15 Drop in

\$55 for 4 Class Pass (good indefinitely)

Classes Ongoing: Start Anytime!

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 = NEW CLASS

