

YOGA

NOVEMBER-DECEMBER SCHEDULE Sunday Oct. 28 - Monday Dec. 31, 2018

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 EVERY SAT. 1:30-2:30 Women's Empowerment
10:30 - 11:45 am	YOGA: Mixed-Level Eclectic Jane Schaeffer	Vinyasa Flow Yoga Charles Waters		10:00-11:15 AM Gentle Yoga Charles Waters	10:30-11:45AM YOGA: Mixed Level Ali Wassick	9-11:30am Peter Rizzo 11/3,11/17,12/1 & 12/15 Pure Yoga/Divine Yoga! Meditation Free 11/24 & 12/18 - 10-11:15 Children Yoga Workshop 11/10 11-11:30 & 12-12:45 11/24 A Thankful Flow 12/22 So(u)lstice Celebration 11:30 - 1
12:00 - 1:00 pm	YOGA: Chair Yoga Jane Schaeffer			11:30-12:30 Chair Yoga VETS HOME Jane Schaeffer		
5:00 - 6:00 pm	YOGA: Very Beginner Jane Schaeffer	5:30-6:30 PM Qigong for Beginners Tracy Purdy-Martin		5:30-6:45 PM YOGA: Mixed Level Vigorous Flow Ali Wassick		11/16 Begins 7PM Nataraja Bennington Community Dance Circle Kat Farnham
6:30 pm	11/12 Workshop Combat Holiday Stress-Freitas			NEW! 600-715PM Restore and Align Rebecca Nenno		SUNDAY 9:00AM-10:15AM Vinyasa Flow Charles Waters



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

FEEES: One Class Drop in \$15.
Passes are good for any and all classes
(Expire 12/31/18)

Once a week Pass \$99. • Twice a week Pass: \$180.
* \$55-4 class pass (good forever or the lifetime
of the studio)

Classes Ongoing: Start Anytime!

For more information:
www.benningtonyoga.com
or call 802-447-0393

= NEW CLASS

