



WINTER YOGA SCHEDULE

MONDAY

10:30am-11:45am Beginner Yoga (Warm) w/Linda Sieck
6:00pm-7:15pm Flow (Warm) w/Linda Sieck

TUESDAY

9:15am-10:30am Energetic Flow (Hot) w/Tatiana Tosi
10:45am-12:00pm Align & Refine w/ Tatiana Tosi

WEDNESDAY

10:30am-11:45am Beginner Yoga (Warm) w/Linda Sieck
6:00pm- 7:15pm Flow (Warm) w/ Linda Sieck

THURSDAY

9:00am- 10:15am Flow (Warm) w/Cathy Mandrioli
10:30am- 11:45am Flow (Warm) w/ Cathy Mandrioli

FRIDAY

9:00am-10:15am Stretch & Strength w/ Deb Bendetson
10:30am- 11:45am Power Flow (Hot) w/ Deb Bendetson

SATURDAY

9:00am-10:30am Flow (Hot) w/ Tony Bartone

SUNDAY

9:30am-10:45am Flow (Hot) w/ Kate Harrington

WHAT IS VINYASA? Vinyasa is the linking of body movement with breath. It is a specific sequence of breath-synchronized movements used to transition between sustained postures. It is essential to set an intention for one's personal yoga practice. Our instructors will guide you in taking the necessary steps toward reaching that goal.

All classes are ALL LEVELS with the exception of Saturday Class with Tony; which is not recommended for beginners or anyone under 18.

ROOM TEMPERATURES: Warm room will be heated between 78 and 88, Hot room will be between 88 and 98. Room temperatures may vary with size of class and teacher.

Contact Yoga Director Juli Cabot for more information: julicabot@comcast.net