



BOSSE YOGA

EFFECTIVE: Monday, September 26th, 2016

MONDAY

9:00am-10:15am Flow (Hot) w/Renata Loree
6:00pm-7:15pm Flow (Warm) w/Linda Sieck

TUESDAY

9:15am-10:30am Flow (Hot) w/Tatiana Tosi
10:45am-12:00pm Flow (Warm) 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 (Hot) w/Cathy Mandrioli

FRIDAY

9:00am-10:15am Flow (Hot) w/Deb Bendetson
10:30am-11:45am Yoga for Athletes (Warm) w/Deb Bendetson

SATURDAY

8:30am-10:00am Flow (Hot) w/ Sandy Kalik

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 flow based with the exception of Yoga for Athletes.

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

ROOM TEMPERATURES: Warm room will be heated between 74 and 84. Hot room will be between 88 and 92. Room temperatures may vary with size of class and teacher.

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