

MADRONA MINDBODY INSTITUTE



JANUARY/FEBRUARY 2018 DROP-IN CLASSES

MONDAY	CLASS	TEACHER
7:00-8:00am	YogaSculpt	Renee Klein
8:15-9:15am	Yoga for Backs	Renee Klein
9:30-10:30 am	Nia	David Conklin
TUESDAY	CLASS	TEACHER
8:00-9:15am	Movement as Meditation	Aletia Alvarez
9:30-10:30am	Nia	Allison Dey
WEDNESDAY	CLASS	TEACHER
8:15-9:15am	Gentle Yoga	Jacque Hansen
9:30-10:30am	Nia	David Conklin
5:15-6:15pm	Feldenkrais	Ingrid Musson
7:00-8:15pm	Gentle Yoga Flow	Jacque Hansen
THURSDAY	CLASS	TEACHER
9:30-10:30am	Nia	Allison Dey
5:15-6:15pm	Nia	Jan Burr
7:00-8:30pm	Dance Lab	See website for details
FRIDAY	CLASS	TEACHER
7:00-8:00am	YogaSculpt	Renee Klein
8:15-9:15am	Yoga for Backs	Renee Klein
9:30-10:30am	Nia	Wendy Chapman
SATURDAY	CLASS	TEACHER
8:30-9:45am	All Levels Yoga	Renee Klein
10:00-11:00am	Nia	Allison Dey
SUNDAY	CLASS	TEACHER
10:00-11:30am	Soul Motion®	Michael & Aletia
	Soulful Sunday	
1st Sunday	Yum-Yum Community Potluck	

Massage - Yoga - Dance - Workshops

310 Fort Worden Way, Port Townsend, WA 98368

www.MadronaMindBody.com

photo by David Conklin