

January 2018

## SACRED SPIRIT YOGA AND HEALING ARTS CENTER

We offer a full program of Yoga and Healing Arts for all levels and interests. As a not-for-profit center, our mission is to build community and inspire peace and wellness in a caring and supportive setting. Visit [sacredspirityogacenter.org](http://sacredspirityogacenter.org) for our schedule, class and teacher descriptions and to purchase class passes.

---

**MONDAY**      **9:15-10:30 AM**      Gentle and Basics with Linda Caldwell  
No Class on January 1st

---

**TUESDAY**      **7:30-8:45 AM**      Gentle with Patricia Castimore  
**9:15-11:00 AM**      Moderate with Chris Glover  
**7:00-9:00 PM**      **Jan. 23:** Collage Quest Mini Series  
with Donna Thompson

---

**THURSDAY**      **9:30-10:45 AM**      Chair Yoga with Suzanne Cohen  
**7:00-8:30 PM**      **Jan. 11:** Restorative with Sandra  
**7:00-8:30 PM**      **Jan. 18:** Guided Sound Meditation  
with Celine and Kristin  
**7:00-8:30 PM**      **Jan. 25:** Restorative with Patricia

---

**FRIDAY**      **9:30-11:00 AM**      Gentle/Moderate with Chris Glover

---

**SATURDAY**      **9:30-11:00 AM**      All Levels with Chris Glover and  
Marianne Petitbon (alternating)  
**12:30-1:15 PM**      **Jan. 6:** Intro to Yoga  
with Patricia Castimore  
**2:00-5:00 PM**      **Jan. 20:** Yoga for Back, Neck and  
Shoulders with Petrina Plecko

---

**SUNDAY**      **4:30-6:00 PM**      All Levels with Christine Tergis



**Sacred Spirit Yoga and Healing Arts Center**

**At South Presbyterian Church**

**343 Broadway, Dobbs Ferry, NY 10522**

**[sacredspirityogacenter.org](http://sacredspirityogacenter.org)**