

July 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 for our schedule, class and teacher descriptions and to purchase class passes.

MONDAY	9:15-10:30 am	Gentle & Basics with Linda Caldwell July 2 No Class
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TUESDAY	9:15-11:00 am	Moderate with Chris Glover
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Classes end Tuesday July 31st, Studio Closed for August

Sacred Spirit Yoga reopens on Tuesday September 4th

Free class for new students Saturday September 8th

FRIDAY	9:30-11:00 am	Gentle/Moderate with Chris Glover
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SATURDAY	9:30-11:00 am	All Levels with Chris Glover and Marianne Petitbon (Check Website)
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SUNDAY	4:30-6:00 pm	All Levels with Christine Tergis
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Sacred Spirit Yoga and Healing Arts Center

At South Presbyterian Church

343 Broadway, Dobbs Ferry, NY 10522

sacredspirityogacenter.org