



Summer 2018

M	T	W	T	F	S	S
630 - 9 mysore* kimberly	630 - 10 mysore* kimberly	630 - 9 mysore* anna	630 - 10 mysore* kimberly	630 - 9 mysore* anna	8 - 930 vinyasa mary	8 - 945 primary kimberly
915 - 1015 basics II kimberly		915 - 1030 yin yoga carol	1015 - 1045 yoga sutras laura	915 - 1015 basics I betty	10 - 11 basics I marcia	10 - 11 basics II kimberly
	12 - 1 vinyasa misa	11 - 1215 yoga for longevity betty	12 - 1 vinyasa kimberly			
	430 - 530 teen susan	5 - 6 pre/post natal valerie / kristin	5 - 6 yoga & cancer lana	5 - 6 vinyasa mary		
615 - 730 basics II michelle	615 - 730 vinyasa kimberly	630 - 8 pop-up class rotating teacher	615 - 745 half/primary series tammy			

Shaded classes are perfect for beginners!

***No mysore classes on full & new moons:**
7/12, 7/27, 8/10, 8/26, 9/9

Bolded classes are a series and paid separate

Changes, updates & teacher bios

www.yogaeastyoga.com