



YOGA 4 EVERYBODY

COME AS YOU ARE

FALL SCHEDULE NOVEMBER



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Yoga 4 Everybody CT



yoga4everybody

MONDAY

9:15am - 10:30am
Mixed Levels Yoga
Hybrid Patrick Casey

11:00am-12:00pm
Gentle Yoga
Hybrid Sarah Strong

12:30pm-1:30pm
Accessible Yoga
In-Person Jennifer
Seideman
NEW CLASS!!!!

6:00pm-7:00pm
Vinyasa Strong Flow
In-Person Joan Fleming

7:30pm-8:30pm
Gentle Yoga
In-Person Adriana DeSousa

TUESDAY

9:15am - 10:30am
Mixed Levels Yoga
Hybrid Elizabeth Webster

11:00am-12:15pm
Gentle Yoga
Hybrid Ariadne Drakonakis
Kambas

1:00pm-1:30pm
FREE
Essential Oils 101
Hybrid Julie O'Reilly
NEW CLASS!!!!

6:00pm-7:00pm
Mixed Levels Yoga
Hybrid Patrick Casey

7:30pm-8:30pm
Moonlight Yoga
Hybrid Crystal Wright

WEDNESDAY

9:15am - 10:30am
Mixed Levels Yoga
Hybrid Patrick Casey

11:00am-12:00pm
Level 1 Yoga
In-Person Elizabeth
Webster

6:00pm-7:00pm
Mixed Levels Yoga
In-Person Elizabeth
Webster

7:45pm-8:45pm
Nidra Gentle Flow
In-Person Cat Mallone

THURSDAY

9:15am - 10:30am
Mixed Levels Yoga
Hybrid Sarah Strong

11:00am-12:15pm
Gentle Yoga
Hybrid Ariadne Drakonakis
-Kambas

6:00pm-7:00pm
Vinyasa Strong Flow
In-Person Jennifer
Seideman

7:30pm-8:30pm
Restorative Sound
Bath
In-Person Crystal Wright
or Jean Gutierrez

FRIDAY

9:15am - 10:30am
Morning Flow Yoga
Hybrid Haley Goldblatt

11:00am-12:00pm
Yin Yoga
Hybrid Judy Orr

5:30 pm - 6:30pm
Nidra Meditation
Hybrid Evelyne Serais
at **1961 Post Road**

**NOVEMBER
POP-UP CLASSES**
11/15 - **Full Moon Sound Bath**
Ceremony 6:00 pm - 7:00 pm

SATURDAY

9:00am - 10:15am
Mixed Levels Yoga
Hybrid Evelyne Serais
In- Person at **1961 Post Road**

9:00am-10:00am
Pre/Post Natal Yoga
In-Person Dr.Loren Hager

11:00am-12:15pm
Gentle Yoga
Hybrid Cat Mallone

11:00am-12:00pm
Yin Yoga
In- Person Evelyne Serais
at **1961 Post Road**

**NOVEMBER
POP-UP CLASSES**
11/2- **FREE** Community Class
1:00 pm - 2:00 pm
11/2 - **New Moon Sound Bath**
Ceremony
4:00 pm - 5:00 pm
11/16 - Restorative/Yin Aerial
1:00 pm to 2:00 PM

SUNDAY

9:00am - 10:00am
Core Focused
Vinyasa
In-Person Crystal Wright

10:30am - 11:30am
Yoga Trapeze Fusion
In-Person Anastasia
Pryanikova

12:00pm-1:00pm
Level 1 Yoga
In-Person Rotating Y4E
Teachers

HYBRID MEANS CLASSES ARE OFFERED IN PERSON AND SIMULTANEOUSLY ONLINE

MORE POP-UP CLASSES COMING IN DEC!

For More Details www.yoga4everybody.net