



yoga sampler

fresh teachers each week!

<i>Grounding The Thigh Bones</i> – Phill Provost & Gail Wallace	7.8
<i>Core and More</i> – Norm Shea & Liz Vasile	7.15
<i>In the Back Body</i> – Scott Snyder, Martha McCain & Frances Cachapero	7.22
<i>Hatha Yoga</i> – Erin Mallon & Brittany Powell	7.29
<i>Happy Hips</i> – Miko Armon & Lorraine Savattone	8.5
<i>Building to Backbends</i> – Sara Heller & Christine Whalen	8.12
<i>Healthy Backs</i> – Steven Cohen & Donna Anderson	8.19
<i>Cool Yoga Nights</i> – Debra Haecker, Charles Wohl & Joy Rudy	8.26



Most Thursdays in July and August, 7:00 - 8:30 p.m. *

Taught by the June 2010 graduates of the 200 hour PYS Deep Yoga Program

* Classes with three teachers 7:00-8:45p.m.

\$8 per class

