

Mountain Yoga Class Calendar – detail – July 2017-January 2018						
		Mon	Tue	Wed	Thu	Sat
Mountain Yoga closed July 4-9						
JULY	CLASSICAL	10	11	12	13	15
		5pm -open	3:30pm - open 5:30pm – Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
		17	18	19	20	22
		5pm -open	3:30pm - open 5:30pm – Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
		24	25	26	27	29
		5pm -open	3:30pm - open 5:30pm – Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
AUGUST	SEATED POSES & TWISTS	31	1	2	3	5
		5pm -open	3:30pm - open 5:30pm – Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
		7	8	9	10	12
		5pm -open	3:30pm - open 5:30pm – Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
		14	15	16	17	19
		5pm -open	3:30pm - open 5:30pm – Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
21	22	23	24	26		
5pm -open	3:30pm - open 5:30pm – Heartfulness Med.	3:00pm - Gentle 5:00pm - Open				
28	29	30	31	2		
5pm -open	3:30pm - open 5:30pm – Heartfulness Med.	3:00pm - Gentle 5:00pm - Open				
Mountain Yoga closed Sept 4-17						

Heartfulness Meditation is open to anyone interested in experiencing meditation in a group. People are invited to come as early as 5:30 to set up their seat and prepare or ask questions. Silence begins around 5:50pm and the meditation sitting itself begins at 6:00pm, approximately. www.heartfulness.org

Gentle class is for anyone who has an injury or condition that requires special attention or extra time to transition from one pose to another. Call Margery if you have any questions or concerns: 802-775-1795.

Schedule is subject to change.

Private sessions available by appointment: 802-775-1795

Mountain Yoga Class Calendar – detail – July 2017-January 2018						
		Mon	Tues	Wed	Thu	Sat
				13 3:00pm - Gentle 5:00pm - Open		
September	Daily Practice	18 5pm -open	19 3:30pm - open 5:30pm - Heartfulness Med.	20 3:00pm - Gentle 5:00pm - Open	21 5-8pm Whole Yoga	23
		25 5pm -open	26 3:30pm - open 5:30pm - Heartfulness Med.	27	28	30
		2 5pm -open	3 3:30pm - open 5:30pm - Heartfulness Med.	4 3:00pm - Gentle 5:00pm - Open		
Mountain Yoga closed October 5-18 – Heartfulness Meditation continues to meet.						
October November	Lower Spine	16	17	18	19 5pm Beginners	
		23 5pm -open	24 3:30pm - open 5:30pm - Heartfulness Med.	25 3:00pm - Gentle 5:00pm - Open	26 5pm Beginners	28 ½ Day Workshop
		30 5pm -open	31 3:30pm - open 5:30pm - Heartfulness Med.	1 3:00pm - Gentle 5:00pm - Open	2 5pm Beginners	
		6 5pm -open	7 3:30pm - open 5:30pm - Heartfulness Med.	8 3:00pm - Gentle 5:00pm - Open	9 5pm Beginners	
		13 5pm -open	14 3:30pm - open 5:30pm - Heartfulness Med.	15 3:00pm - Gentle 5:00pm - Open	16 5pm Beginners	
Mountain Yoga closed November 17-26						

Heartfulness Meditation is open to anyone interested in experiencing meditation in a group. People are invited to come as early as 5:30 to set up their seat and prepare or ask questions. Silence begins around 5:50pm and the meditation sitting itself begins at 6:00pm, approximately. www.heartfulness.org

Gentle class is for anyone who has an injury or condition that requires special attention or extra time to transition from one pose to another. Call Margery if you have any questions or concerns: 802-775-1795.

Schedule is subject to change.

Private sessions available by appointment: 802-775-1795

Whole Yoga combines extended breathing practice, abbreviated asana practice, meditation and group discussion of an essay written by Swami Nirmalananda. Bring a bag supper to enjoy while we talk!

Mountain Yoga Class Calendar – detail – July 2017-January 2018						
		Mon	Tues	Wed	Thu	Sat
Mountain Yoga closed November 20-26						
November December	Upper Spine	27	28	29	30	2
		5pm -open	3:30pm - open 5:30pm - Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
		4	5	6	7	9
		5pm -open	3:30pm - open 5:30pm - Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
		11	12	13	14	16
5pm -open	3:30pm - open 5:30pm - Heartfulness Med.	3:00pm - Gentle 5:00pm - Open				
18	19	20				
5pm -open	3:30pm - open 5:30pm - Heartfulness Med.	3:00pm - Gentle 5:00pm - Open				
Mountain Yoga closed December 21-January 7. Call regarding meditation.						
January	Abdominals	8	9	10	11	13
		5pm -open	3:30pm - open 5:30pm - Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
		15	16	17	18	20
		5pm -open	3:30pm - open 5:30pm - Heartfulness Med.	3:00pm - Gentle 5:00pm - Open		
		22	23	24	25	27
5pm -open	3:30pm - open 5:30pm - Heartfulness Med.	3:00pm - Gentle 5:00pm - Open				
29	30	31				
5pm -open	3:30pm - open 5:30pm - Heartfulness Med.	3:00pm - Gentle 5:00pm - Open				
Continuation past January to be determined!						

Heartfulness Meditation is open to anyone interested in experiencing meditation in a group. People are invited to come as early as 5:30 to set up their seat and prepare or ask questions. Silence begins around 5:50pm and the meditation sitting itself begins at 6:00pm, approximately. www.heartfulness.org

Gentle class is for anyone who has an injury or condition that requires special attention or extra time to transition from one pose to another. Call Margery if you have any questions or concerns: 802-775-1795.

Schedule is subject to change.

Private sessions available by appointment: 802-775-1795

Whole Yoga combines extended breathing practice, abbreviated asana practice, meditation and group discussion of an essay written by Swami Nirmalananda. Bring a bag supper to enjoy while we talk!

