



### ***Open Classes***

Open Classes are suitable for new and experienced students. Drop ins are welcome. Members have unlimited classes; others pay by donation (suggested \$12-20).

<b>Tuesdays</b>	<b>Wednesdays</b>	<b>Thursdays</b>
3:30-5pm, 9/19/17-1/23/18 No class 10/10&17, 11/21, 12/26, 1/2/2018	Gentle 3:00-4:30pm, 9/13/17-1/24/18	
6:00 pm Heartfulness Meditation	Open 5:00-6:30pm, 9/13/17-1/24/18	Beginners' Series (5 weeks) October 19-November 16 5:00-6:30 pm
Doors open at 5:30pm. Come early if you are new to meditation or new to this practice.	No Wednesday classes 9/27, 10/11&18, 11/22, 12/27, 1/3/2018	

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](http://www.heartfulness.org)

*Svaroopa® yoga is very beneficial for back pain sufferers. Ask Margery if these classes will be right for you. And remember, your first class is free!*

### ***Whole Yoga*** (PanchaKoshaYoga)

Thursday, September 21, 5-8 pm [United Nations Peace Day!](#)

To live fully in the multi-dimensionality of your existence, you must nourish and strengthen all aspects of your being. In these special classes, we will have time to experience practices that do just that.

Each class will be three hours long and will include practices for all 5 "koshas" or layers of your being. Although all the practices reach all five layers, each one focuses primarily on one or two: pranayama (primarily for the vital energy body), asana (for the physical body), meditation (for the wisdom body), journaling, contemplation and discussion (for the mental body).

*Please bring a brown bag (vegetarian) dinner for yourself (for the physical body!).*

### ***Mind-Belly Connection***

Half-Day Workshop

Saturday, October 28, 9AM-Noon

Svaroopa yoga practices that specifically benefit your digestion also specifically quiet your mind! Come discover your belly-mind connection!

This workshop is for people of all abilities and conditions!

Workshop is free to members, otherwise, suggested contribution: \$24-35.

Register in class or contact Margery

(802)775-1795 or [mountain.yoga.vt@gmail.com](mailto:mountain.yoga.vt@gmail.com)