



### ***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>Mondays</b>	<b>Tuesdays</b>	<b>Wednesdays</b>
	3:30-5pm, 5/9-8/29 No class 7/4 & 8/1.	Gentle 3:00-4:30pm, 5/10-8/30
5:00-6:30pm, 5/8-8/28 No class 5/29 & 7/3 & 31.		Open 5:00-6:30pm, 5/10-8/30 No class 7/5 & 8/2 . 5:00-8:00pm, 6/21: <b>Whole Yoga</b>

*Svaroopā® 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)

Wednesday, June 21, 5-8 pm

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!).

### ***PawanaMuktasana Series***

Half-Day Workshop

Saturday, June 3, 9AM-Noon

Move every joint in your body in every direction through its full range of motion! In the process, release (mukta) the gases (pawana) that get trapped in the joints due to muscle tension and lack of movement.

This is a fun workshop for people of all abilities and conditions!

Both workshops are 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)