

MOUNTAIN YOGA CLASS SCHEDULE January – April 2010						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JAN	4	5	6	7	8	9
						10-11:30 OPEN
	4pm FREE INTRO DEEPER DP		GENTLE BB 6pm FREE INTRO	☸☸CLS CL 6pm FREE INTRO		
	11	12	13	14	15	16
	OPEN DP DEEPER DP		10AM OPEN 4pm FREE INTRO OPEN AB	☸☸CLS CL Yoga/Back		10-11:30 OPEN
	18	19	20	21	SATURDAY, JAN 23 YOGA DAY USA 10AM –free intro NOON – lunch (reservations, donation) 2 PM – free intro meditation	
			10AM OPEN GENTLE BB OPEN AB	☸☸CLS CL Yoga/Back		
	25	26	27	28	29	30
	OPEN DP DEEPER DP		10AM NO CLASS GENTLE BB OPEN AB	☸☸CLS CL Yoga/Back		10-11:30 OPEN
FEB	1	2	3	4	5	6
			10AM FREE INTRO GENTLE ST OPEN BB	☸☸CLS VN Yoga/Back		10-11:30 OPEN
	OPEN LS DEEPER LS					
	8	9	10	11	12	13
	OPEN LS DEEPER LS		10AM OPEN GENTLE ST OPEN BB	☸☸CLS VN Yoga/Back		9AM-NOON Yoga Is For Lovers
	15	16	17	18	19	20
	OPEN LS DEEPER LS		10AM OPEN GENTLE ST OPEN BB	☸☸CLS VN Yoga/Back		10-11:30 OPEN
	22	23	24	25	26	27
	OPEN LS DEEPER LS		10AM OPEN GENTLE ST OPEN BB	☸☸CLS VN 6 pm no class		10-11:30 OPEN

**OPEN** – Beginner to intermediate. Open to new students.

Theme abbreviations: DP – Daily Practice, LS – Lower Spine, US – Upper Spine, AB – Abdominals, BB – Backbends, ST – Standing

**DEEPER** – Intermediate to advanced. 1-2 years' experience plus consistent daily practice required.

**GENTLE** – A slower-paced class for people who need some extra care or time. Open to new students. Call to see if this class is right for you or if you need private sessions.

☸☸SCS – *Serenity, Clarity, Stamina* The 7<sup>th</sup>-9<sup>th</sup> themes. Three months' experience or permission of instructor required.

Theme abbreviations: FB – Forward Bends, NS – Neck & Shoulders, BI – Balance & Inversion

☸☸BLISS – Dive deep into yourself, into The Self, in this slow, bliss-inducing class! 6 months' experience or permission of instructor required. Bliss is beyond themes!

☸☸CLS – *Classical, Vinyasa, Seated Poses and Twists* The 10<sup>th</sup>-12<sup>th</sup> themes. Six months' experience or permission of instructor required.

Theme abbreviations: CL – Classical, VN – Vinyasa, SPT – Seated Poses & Twists

Questions?

Please read your flyer or check the website [www.mountainyoga.com](http://www.mountainyoga.com) or call (802)773-5045

<b>MOUNTAIN YOGA CLASS SCHEDULE January – April 2010 (cont'd)</b>						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAR	1	2	3	4	5	6
	<b>OPEN US</b> <b>DEEPER US</b>		<b>10AM OPEN</b> <b>GENTLE FB</b> <b>OPEN ST</b>	☯☯CLS SPT <b>6pm no class</b>		<b>10-11:30 OPEN</b>
	8	9	10	11	12	13
	<b>OPEN US</b> <b>DEEPER US</b>		<b>10AM OPEN</b> <b>GENTLE FB</b> <b>OPEN ST</b>	☯☯CLS SPT <b>6pm</b> <b>FREE INTRO</b>		<b>10-11:30 OPEN</b>
	15	16	17	18	19	20
	<b>OPEN US</b> <b>DEEPER US</b>		<b>10AM OPEN</b> <b>GENTLE FB</b> <b>OPEN ST</b>	☯☯CLS SPT <b>BEGINNERS'</b>		<b>10-11:30 OPEN</b>
	22	23	24	25	26	27
	<b>OPEN US</b> <b>DEEPER US</b>		<b>10AM OPEN</b> <b>GENTLE FB</b> <b>OPEN ST</b>	☯☯CLS SPT <b>BEGINNERS'</b>		<b>10-11:30 OPEN</b>
APR	29	30	31	1	2	3
	<b>OPEN AB</b> <b>DEEPER AB</b>		<b>10AM OPEN</b> <b>GENTLE NS</b> ☯☯CLS CL	<b>4pm</b> <b>FREE INTRO</b> <b>BEGINNERS'</b>		9AM-NOON Walking Lessons
	5	6	7	8	9	10
	<b>OPEN AB</b> <b>DEEPER AB</b>		<b>10AM OPEN</b> <b>GENTLE NS</b> ☯☯CLS CL	<b>OPEN DP</b> <b>BEGINNERS'</b>		<b>10-11:30 OPEN</b>
	12	13	14	15	16	17
	<b>OPEN AB</b> <b>DEEPER AB</b>		<b>10AM OPEN</b> <b>GENTLE NS</b> ☯☯CLS CL	<b>OPEN DP</b> <b>BEGINNERS'</b>		<b>10-11:30 OPEN</b>
	19	20	21	22	23	24
	<b>OPEN AB</b> <b>DEEPER AB</b>		<b>10AM OPEN</b> <b>GENTLE NS</b> ☯☯CLS CL	<b>OPEN DP</b> <b>BEGINNERS'</b>		TBA

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SNOW DAYS! I do not cancel classes based on the weather *forecast*. I look out the window! If I do have to cancel, I record that information on the answering machine greeting at Mountain Yoga. I usually do this about 2 hours before the class is scheduled to begin. For morning classes, it may only be 1 hour. I also try to post it on the radio website ([www.wjrr.net](http://www.wjrr.net))