

Mountain Yoga Class Calendar Winter 2012							
2012	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
Jan	16	17	18	19	20	21	22
	4pm OpenDP 6pm DeeperVN		11am OpenUS 4pm GentleBB 6pm OpenAB	4pm OpenPP			
	23	24	25	26	27	28	29
	4pm OpenDP 6pm DeeperVN		11am OpenUS 4pm GentleBB 6pm OpenAB	4pm OpenPP			
Feb	30	31	1	2	3	4	5
	4pm OpenDP 6pm DeeperVN		11am OpenAB 4pm GentleST 6pm OpenBB	4pm OpenPP			
	6	7	8	9	10	11	12
	4pm OpenLS 6pm DeeperSPT		11am OpenAB 4pm GentleST 6pm OpenBB	4pm OpenPP			
	13	14	15	16	17	18	19
	4pm OpenLS 6pm DeeperSPT		no 11am class 4pm OPEN 6pm OPEN	4pm OpenPP			
	20	21	22	23	24	25	26
	4pm OPEN no 6pm class		no 11am class no 4pm class 6pm OPEN				
	27	28	29	Margery in India Feb 15-29. Some classes will continue, so read carefully!			
	no 4pm class 6pm OPEN		no 11 am class 4pm OPEN 6pm OPEN				

OPEN – Beginner to intermediate. Open to new students.

Theme abbreviations: PP – Primary Practice, DP – Daily Practice, LS – Lower Spine, US – Upper Spine, AB – Abdominals, BB – Backbends, ST – Standing, FB – Forward Bends, NS – Neck & Shoulders, BI – Balance & Inversion, CL – Classical, VN – Vinyasa, SPT – Seated Poses & Twists

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.

Questions? Please read your flyer or check the website www.mountainyoga.com or call (802)773-5045. Snow cancellations are posted on the phone greeting at least 2 hours prior to class.

Mountain Yoga Class Calendar Winter 2012

	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
Mar	5	6	7	8	9	10	11
	4pm OpenUS 6pm DeeperDP		11am OpenBB 4pm GentleFB 6pm OpenST	5-7:30pm BhagavadGita			
	12	13	14	15	16	17	18
	4pm OpenUS 6pm DeeperDP		11am OpenBB 4pm GentleFB 6pm OpenST	5-7:30pm BhagavadGita	Margery at Embodiment training		
	19	20	21	22	23	24	25
	4pm OpenUS 6pm DeeperDP		11am OpenBB 4pm GentleFB 6pm OpenST	5-7:30pm BhagavadGita			
	26	27	28	29	30	31	1
	4pm OpenUS 6pm DeeperDP		11am OpenBB 4pm GentleFB 6pm OpenST	5-7:30pm BhagavadGita			
Apr	2	3	4	5	6	7	8
	4pm OpenAB 6pm DeeperLS		11am OpenST 4pm GentleNS 6pm OpenFB	5-7:30pm BhagavadGita			
	9	10	11	12	13	14	15
Margery tentatively scheduled to be at Kripalu for training. Check back for updates!							
	16	17	18	19	20	21	22
	4pm OpenAB 6pm DeeperLS		11am OpenST 4pm GentleNS 6pm OpenFB	5-7:30pm BhagavadGita			
	23	24	25	26	27	28	29
	4pm OpenAB 6pm DeeperLS		11am OpenST 4pm GentleNS 6pm OpenFB	5-7:30pm BhagavadGita (last class 5/3)			

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 Questions? Please read your flyer or check the website www.mountainyoga.com or call (802)773-5045. Snow cancellations are recorded on phone greeting and posted at http://www.catamountradio.com/school_closings.html