

MOUNTAIN YOGA CLASS SCHEDULE May – August 2010						page 1 of 3
	Monday	Tues	Wednesday	Thursday	Fri	Saturday
MAY	3 OPEN BB DEEPER BB	4	5 10AM OPEN GENTLE BI ☸SCS NS	6 OPEN LS OPEN BB	7	8 10-11:30 OPEN
	10 OPEN BB DEEPER BB	11	12 10AM OPEN GENTLE BI ☸SCS NS	13 OPEN LS OPEN BB	14	15 10-11:30 OPEN
	17 OPEN BB DEEPER BB	18	19 10AM OPEN GENTLE BI ☸SCS NS	20 OPEN LS OPEN BB	21	22 10-11:30 OPEN
	24 OPEN BB DEEPER BB	25	26 GENTLE BI ☸SCS NS	27 OPEN LS OPEN BB	28	29
	31 PAWANA MUKTASANA	<p>Note: Morning classes end May 22. Judy Goodkin, who has been teaching the morning classes, is moving with her husband to Pennsylvania, where they will live closer to their daughter and her family. Good luck, Judy!</p> <p><i>Mountain Yoga needs teachers.</i> If you would like to deepen your understanding of Svaroopaa® yoga, or teach classes – regularly or just filling in – go to www.svaroopayoga.org to find the next Foundations course!</p>				

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 7th-9th themes. Three months' experience or permission of instructor required.

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

☸☸CLS – *Classical, Vinyasa, Seated Poses and Twists* The 10th-12th 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 or call (802)773-5045

MOUNTAIN YOGA CLASS SCHEDULE May – August 2010 (CONT'D) page 2 of 3						
	Monday	Tues	Wednesday	Thursday	Fri	Saturday
JUN		1	2 GENTLE CL ☸SCS BI	3 OPEN US OPEN ST	4	5
	7 OPEN ST DEEPER ST	8	9 GENTLE CL ☸SCS BI	10 OPEN US OPEN ST	11	12
Mountain Yoga will be closed June 14-20.						
	21 OPEN ST DEEPER ST	22	23 GENTLE CL ☸SCS BI	24 OPEN US OPEN ST	25	26 9 AM – Noon E=MC ²
	28 OPEN ST DEEPER ST	29	30 GENTLE CL ☸SCS BI	1 OPEN US OPEN ST	2	3
JUL	5 no classes	6	7 GENTLE VN ☸☸CLS CL	8 OPEN AB OPEN DP	9	10
	12 ☸SCS FB DEEPER FB	13	14 GENTLE VN ☸☸CLS CL	15 OPEN AB OPEN DP	16	17
	19 ☸SCS FB DEEPER FB	20	21 GENTLE VN ☸☸CLS CL	22 OPEN AB OPEN DP	23	24
	26 ☸SCS FB DEEPER FB	27	28 GENTLE VN ☸☸CLS CL	29 OPEN AB OPEN DP	30	31

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	Monday	Tues	Wednesday	Thursday	Fri	Saturday
AUG	2 ☸SCS NS DEEPER NS	3	4 GENTLE SPT ☸☸CLS VN	5 OPEN BB OPEN LS	6	7
	9 ☸SCS NS DEEPER NS	10	11 GENTLE SPT ☸☸CLS VN	12 OPEN BB OPEN LS	13	14
	16 ☸SCS NS DEEPER NS	17	18 GENTLE SPT ☸☸CLS VN	19 OPEN BB OPEN LS	20	21 9 am – 1 pm Peace One Day
	23 ☸SCS NS DEEPER NS	24	25 GENTLE SPT ☸☸CLS VN	26 OPEN BB OPEN LS	27	28
	30 ☸SCS NS DEEPER NS	31	Note: August dates are subject to change due to the building project and a special event Margery would like to attend in India. Stay tuned!			

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