

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>9-10:15 am Anusara Yoga with Elizabeth All Levels</p> <p>1-2:30 pm Advanced Yoga with Petrina Level III</p> <p>6-7 pm Yoga for Athletes with Laura Level II</p>	<p>9:30-10:30 am Pilates with Nicola</p> <p>11-12:15 pm (starts Feb 14) Modern Dance for Adults with Allison</p> <p>5:45-7 pm Forrest Yoga with Bella All levels</p> <p>7:30-8:45 pm Beginner Yoga with Alyssa</p>	<p>9-10:15 am Vinyasa Flow Yoga with Anne level I/II</p> <p>10:30-12 pm Breastfeeding & New Moms Support Group with Deirdre/Lenora</p> <p>12:10-1 pm Gentle Flow Yoga with Meryl</p> <p>3-4:30 pm Community Kundalini Yoga with Martin All Levels</p> <p>6-7 pm Balanced Yoga with Laura Level II</p> <p>7:30-9 pm Candlelight Yoga with Petrina All Levels</p>	<p>9-10:15 am Mindful Vinyasa Yoga with Petrina Level II</p> <p>10:30-11:45 am Backcare with Petrina All Levels</p> <p>12-1 pm Chi Gung Basics with Chris</p> <p>2:30- 3:30 Writer's Workshop with Rachel</p> <p>3:45-4:30 pm Kids Capoeira Ages 4-6 with Zumbi</p> <p>6:30-7:45 pm Gentle Yoga with Marla All Levels</p>	<p>9-10:15 am Anusara Inspired Yoga with Karon All Levels</p> <p>10:30-11:45 am Slow stretch / Therapeutics with Karon All Levels</p> <p>4-5:30 pm Community Kundalini Yoga with Martin All Levels</p>	<p>9-10:30 am Mindful Vinyasa Yoga with Petrina Level II</p> <p>11-12:15 pm Forrest Yoga with Bella All Levels</p>	<p>8:15-9:15 am Meditation Rotating Instructor</p> <p>9:30-11 am Vinyasa Flow Yoga with Anne Level I/II</p> <p>5:00-6:15 pm African Drumming with Lee Farber</p> <p>7:30-8:30 pm Meditation Rotating Instructor</p>

WORKSHOPS

<p>Feb 6: 7:30-9 pm Back Care Yoga All Levels with Petrina</p> <p>Feb 13: 7:30-9 pm Relationship Miracle with Amy & Michael Sherman</p> <p>Feb 20: 7:30-9 pm Compassionate Communication with Mike Murphy</p> <p>Feb 27: 7:30-9:15 pm Life Leaders Forum with Tom Kelley</p>	<p>Jan 10th- Feb 14th: 3:45-4:30 pm Kids Yoga Ages 4-6 with Dana (6 Week Series)</p>			<p>Feb 17: 7-9:30 pm Undwinding Your Mind and Spirit with Laura Kallen, Andrea Beckerich and Allison Pagano</p>	<p>Feb 4: 8-11 pm Dance Eden with Linda & Allan</p> <p>Feb 11: 1-2 pm Movement for Joy with Janet Baker</p> <p>Feb 11: 3-4:30 pm Gems of Excellence with Marija Santo</p> <p>Feb 11: 6-8 pm Valentine's Partner Yoga with Kent Lindemer</p> <p>Feb 25: 3-5 pm Secrets of the Skeleton with Roy Capellaro</p> <p>Feb 25: 1-2 pm What Works with Weight Loss with Jennifer Register</p>	<p>Feb 5: 2:30-4:30 pm Self Defense for Women with Lorraine Mahon</p> <p>Feb 12, 19, 26, March 4: 2-3 pm Tribal Belly Dance with Cristy Sycip (4 week Series) Register by Feb 5</p> <p>Feb 19: 3:15-4:45 pm Therapeutic Body Rolling with Jennifer Attebery</p>
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All levels welcome except where noted. View our most current schedule of ongoing classes and events plus register online at www.NyackYoga42Main.com