

Amherst Yoga

July - September 2009 Session

Starts Sunday, July 5th and ends on Saturday September 26th

12 week session - \$162 for one class per week, or \$282 for unlimited classes.

Community Yoga will continue to run. This **FREE** class will be held the first Sunday of every month from 9:30 am to 10:30 am and is open to the public.

Sunday	4:00pm – 5:30pm	Yoga Basics, with Lisa
Monday	9:15am - 10:45am 5:45pm - 7:15pm	Yoga for Bone Health & Muscle Strength, with Nancy Fitness Flow, with Michelle <u>NEW</u>
Tuesday	9:15am – 10:45am 11:00am – 12:30pm 5:30pm – 7:00pm 7:30pm – 9:00pm	Moderate Vinyasa, with Ginny Somatics and Strength, with Ginny <u>NEW</u> Moderate Vinyasa, with Ginny Yoga/Meditation Blend, with Judy
Wednesday	6:50am - 7:50am 4:00pm - 5:30pm 5:45pm – 7:15pm	One Hour Yoga Express with Michelle Gentle Vinyasa, with Barbara Yoga/Meditation Blend, with Judy
Thursday	9:15am – 10:45am 11:00am – 12:30pm 5:30pm – 7:00pm	Moderate Vinyasa, with Ginny Simply Somatics, with Ginny Yoga for Energy and Health, with Barbara <u>NEW</u>
Friday	9:15am – 10:45am	Moderate Vinyasa with Michelle
Saturday	8:00am – 9:00am 9:30am – 11:00am	One Hour Yoga Express with Barbara Yoga for Bone Health & Muscle Strength, with Ginny & Barbara

No Classes Monday September 7, Labor Day.

Workshops and Special Classes

FREE Introduction to Yoga for Beginners This workshop is for beginners and seasoned yogis alike. Come dispel any myths you may have about what you can and can't do on the mat. A user friendly approach that will cover the basics of alignment, foundation, position and the importance of a "can do" attitude. This empowering workshop will most certainly boost your confidence, and leave you wanting more yoga!! Times and Dates to be Announced.

Call Amherst Yoga at 673-7661 or e-mail: info@AmherstYoga.com to register.