

Mountain Yoga Class Calendar		Fall		September 14-October 28, 2015			
2015	Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
SEPTEMBER	DAILY PRACTICE	14 5pm RegReq	15 3:30pm Open	16 3 pm Gentle 5pm Open	17	18	19 20
		21 5pm RegReq	22 3:30pm Open	23 3 pm Gentle 5pm Open	24	25	26 27
		28 Mtn Yoga closed – Guru’s birthday!	29 3:30pm Open	30 3 pm Gentle 5pm Open	1	2	3 4
		5 5pm RegReq	6 3:30pm Open	7 3 pm Gentle 5pm Open	8	9	10 11
OCTOBER	LOWER SPINE	12 5pm RegReq	13 3:30pm Open	14 3 pm Gentle 5pm Open	10/15-20 Mtn Yoga closed for teacher training		
		10/15-20 Mtn Yoga closed for teacher training		21 3 pm Gentle 5pm Open	22	23	24 25
		26 5pm RegReq	27 3:30pm Open	28 3 pm Gentle 5pm Open	29	30	31 1

OPEN – All levels, including beginner. Open to new students.

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

RegReq – Registration is required for all classes. Once they fill up, drop-ins are not allowed in order to reserve the space for the registered students.

Once you register for a class, you are reserving a space that someone else could use, so ***please attend weekly!***

Questions? Please read your flyer or check the website www.mountainyoga.com or call (802)773-5045. Snow closings are recorded on the voice greeting.

Mountain Yoga Class Calendar Fall November 2-December 16, 2015

		Monday	Tuesday	Wednesday	Thursday	Fri	Sat	Sun
NOVEMBER	UPPER SPINE	2 5pm RegReq	3 3:30pm Open	4 3 pm Gentle 5pm Open	5	6	7	8
		9 5pm RegReq	10 3:30pm Open	11 3 pm Gentle 5pm Open	12	13	14	15
		16 5pm RegReq	17 3:30pm Open	18 3 pm Gentle 5pm Open	19	20	21	22
		23 5pm RegReq	24 3:30pm Open	25	26	27	28	29
		30 5pm RegReq	1 3:30pm Open	2 3 pm Gentle 5pm Open	3	4	5	6
		7 5pm RegReq	8 3:30pm Open	9 3 pm Gentle 5pm Open	10	11	12	13
DECEMBER	ABDOMINALS	14 5pm RegReq	15 3:30pm Open	16 3 pm Gentle 5pm Open	17	18	19	20

Mountain Yoga will be closed December 21-January 3. Classes resume January 4, 2016

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