

| Mountain Yoga Class Calendar WINTER 2015 |                          |                                       |  |          |  |     |     |
|--|--------------------------|---------------------------------------|--|----------|--|-----|-----|
| 2015                                     | Monday                   | Tuesday                               | Wednesday                              | Thursday | Fri  | Sat | Sun |
| <b>JANUARY<br/>BLISS YOGA</b>            |                          |                                       |  | 1        | 2  | 3   | 4   |
|  | 5<br>5-7pm<br>AdvBliss   | 6<br>3:30-5:00pm<br>Open              | 7<br>3-4:30pm Gentle<br>5-6:30pm Open  | 8        | 9  | 10  | 11  |
|  | 12<br>5-7pm<br>AdvBliss  | 13<br>3:30-5:00pm<br>Open             | 14<br>3-4:30pm Gentle<br>5-6:30pm Open | 15       | 16   | 17  | 18  |
|  | 19<br>5-7pm<br>AdvBliss  | 20<br>3:30-5:00pm<br>Open             | 21<br>3-4:30pm Gentle<br>5-6:30pm Open | 22       | 23   | 24  | 25  |
|  | 26<br>5-7pm<br>AdvBliss  | 27<br>3:30-5:00pm<br>Open             | 28<br>3-4:30pm Gentle<br>5-6:30pm Open | 29       | Registration by January 15 is required for the Monday class and for the Wednesday 3:00pm class. No "drop ins" in these classes.<br>If there is room in the class, later registrations can be considered. |     |     |
| 2<br>Lalaji's Birthday. No classes Feb 2 | 3<br>3:30-5:00pm<br>Open | 4<br>3-4:30pm Gentle<br>5-6:30pm Open | 5                                      |          |  |     |     |
| <b>FEBRUARY<br/>BLISS YOGA</b>           | 9<br>5-7pm<br>AdvBliss   | 10<br>3:30-5:00pm<br>Open             | 11<br>3-4:30pm Gentle<br>5-6:30pm Open | 12       | 13   | 14  | 15  |
|  | 16<br>5-7pm<br>AdvBliss  | 17<br>3:30-5:00pm<br>Open             | 18<br>3-4:30pm Gentle<br>5-6:30pm Open | 19       | 20   | 21  | 22  |
|  | 23<br>5-7pm<br>AdvBliss  | 24<br>3:30-5:00pm<br>Open             | 25<br>3-4:30pm Gentle<br>5-6:30pm Open | 26       | 27   | 28  | 1   |
| Mountain Yoga closed March 2-8           |                          |                                       |  |          |  |     |     |

**OPEN** – Beginner to intermediate. Open to new students and drop-ins

**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](http://www.mountainyoga.com) or call (802)773-5045.

**Snow** cancellations are recorded on phone greeting at least 2 hours prior to earliest class.

Class Cards:

All cards expire April 23. Single class: \$15. 5 class card: \$65. 10 class card: \$120.

There are 14 (Mondays & Tuesdays) to 15 (Wednesdays) weeks in this term.

If there are less than 5 classes left in the term when your card expires, you may purchase the remaining classes at the 10-class card rate of \$12/class.

| Mountain Yoga Class Calendar SPRING 2015 |                                |  |                   |  |     |     |     |    |
|--|--------------------------------|--|-------------------|--|-----|-----|-----|----|
|  | Monday                         | Tuesday                                    | Wednesday         | Thursday                               | Fri | Sat | Sun |    |
| MARCH                                    | Mountain Yoga closed March 2-8 |  |                   |  |     |     |     |    |
|  | ABDOMINALS                     | 9<br>5pm RegReq                            | 10<br>3:30pm Open | 11<br>3pm Gentle<br>RegReq<br>5pm Open | 12  | 13  | 14  | 15 |
|  |                                | 16<br>5pm RegReq                           | 17<br>3:30pm Open | 18<br>3pm Gentle<br>RegReq<br>5pm Open | 19  | 20  | 21  | 22 |
|  | BACKBENDS                      | 23<br>5pm RegReq                           | 24<br>3:30pm Open | 25<br>3pm Gentle<br>RegReq<br>5pm Open | 26  | 27  | 28  | 29 |
|  |                                | 30<br>5pm RegReq                           | 31<br>3:30pm Open | 1<br>3pm Gentle<br>RegReq<br>5pm Open  | 2   | 3   | 4   | 5  |
|  | WALKING LESSONS                | 6<br>5pm RegReq                            | 7<br>3:30pm Open  | 8<br>3pm Gentle<br>RegReq<br>5pm Open  | 9   | 10  | 11  | 12 |
|  |                                | 13<br>5pm RegReq                           | 14<br>3:30pm Open | 15<br>3pm Gentle<br>RegReq<br>5pm Open | 16  | 17  | 18  | 19 |
|  | APRIL                          | 20<br>5pm RegReq                           | 21<br>3:30pm Open | 22<br>3pm Gentle<br>RegReq<br>5pm Open | 23  | 24  | 25  | 26 |
|  |                                | <b>MOUNTAIN YOGA CLOSED APRIL 27-MAY 3</b> |                   |  |     |     |     |    |

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**REG REQ** – Registration required for the 15-week term. See website for details.

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