

REACH

yoga

MONDAY

6:00-7:00am	Vinyasa Flow	Level 1-2	Debbie M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Lauri S.
9:30-10:45am	Vinyasa Flow	Level 1-2	Deb W.
11:00-12:15pm	Hatha	Level 1	Mary A.
11:00-12:15pm	Takiff Center: Gentle Flow	Basics	Judy R.
1:15-2:15pm	Basics & Beyond	Basics	Beth M.
5:15-6:15pm	Vinyasa Flow	Level 1-2	Mia C.
6:30-7:45pm	Vinyasa Flow	All Levels	Cheri W.

TUESDAY

6:00-7:00am	Vinyasa Flow	Level 2	Steph M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Pam M.
9:30-10:45am	Vinyasa Flow	Level 2	Laura M.
11:00-12:15pm	Basics & Beyond	Basics	Linda O.
1:15-2:15pm	Vinyasa Flow	Level 1-2	Brooke P.
5:15-6:15pm	Vinyasa Flow	Level 1	Judy R.
6:30-7:30pm	Vinyasa Flow	All Levels	Beth M.

WEDNESDAY

6:00-7:00am	Vinyasa Flow	Level 1-2	Pam M.
8:15-9:15am	Vinyasa Flow *new	Level 2	Laura M.
9:30-10:30am	Vinyasa For All	All Levels	Zoe N.
11:00-12:30pm	Classical Hatha	Level 2	Paul W.
1:00-2:15pm	Gentle Yoga	Basics	Mary A.
5:15-6:15pm	Vinyasa Flow	Level 1-2	Megan M.
6:30-7:30pm	Yoga for Working Stiffs	Basics	Shalaka T.

This schedule includes weekly classes in the Reach Yoga studio, unless marked otherwise.

Schedule subject to occasional change. This schedule effective 02/05/2019.

THURSDAY

6:00-7:00am	Warm Vinyasa Flow	Level 2	Steph M.
8:15-9:15am	Vinyasa Flow	All Levels	Zoe N.
9:30-10:45am	Basics & Beyond	Basics	Linda O.
11:00-12:15pm	Takiff Center: Gentle Flow	Basics	Judy R.
11:30-12:30pm	Vinyasa Flow	Level 2	Chelle C.
1:30-2:30pm	Vinyasa Flow	Level 1	Julie L.

FRIDAY

6:00-7:00am	Vinyasa Flow	Level 2	Laura M.
8:15-9:15am	Vinyasa Flow	Level 1-2	Mia C.
9:30-10:45am	Functional Vinyasa Flow	Level 2	Jenny GB
11:00-12:15pm	Basics & Beyond	Basics	Laura F.
1:30-2:30pm	Vinyasa Flow	Level 2	Erika B.
5:15-6:15pm	Basics & Beyond	Basics	Allison H.

SATURDAY

6:30-7:30am	Vinyasa Flow	Level 2	Laura M.
8:15-9:15am	Warm Vinyasa Flow *new time	Level 2	Lauri S.
9:30-10:45am	Vinyasa Flow	Level 1-2	Mia C.
11:00-12:15pm	Move Well *new	Level 1-2	Mia C.
12:30-1:45pm	Vinyasa Flow *new	Level 1-2	Debbie M.
4:00-5:15pm	Hatha	Level 1	Mary A.

SUNDAY

8:00-9:15am	Basics & Beyond	Basics	Zoe N.
9:30-10:45am	Warm Vinyasa Flow	Level 2	Pam G.
11:00-12:15pm	Classical Hatha	Level 1-2	Paul W.
3:00-4:00pm	Vinyasa Flow	Level 1	Shawna D.
4:15-5:30pm	Vinyasa Flow	Level 1-2	Megan M.

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SPECIAL EVENTS & WORKSHOPS

DAY/TIME	PROGRAM	LOCATION	INSTRUCTOR
Sat, 2/9 2:00 - 3:30pm	Prevent or Get Out Of Back Pain	Reach Yoga Studio	Allison Wilmes
Sun, 2/17 1:00 - 2:15pm	Restorative Yoga	Reach Yoga Studio	Laura Friedman
Fri, 2/22 6:30 - 7:45pm	Live Music Flow	Reach Yoga Studio	Pam Gross & Gillian Boraiko
Mon, 3/11 2:30 - 4:30pm	Shame, Guilt, Self-Love and Healing	Reach Yoga Studio	Ramaa K
Thu, 3/14 6:00 - 7:15pm	Live Music Flow	Reach Yoga Studio	Erika Burton & Chad Berardi
Wed, 3/20 6:30 - 8:15pm	Spring Yoga Mala	Reach Yoga Studio	Laura Merlo
Sat, 4/13 2:00 - 3:45pm	Hip Mobility, Core Strength, and the Bandhas	Reach Yoga Studio	Jim Bennitt

Find details online. Please register in advance for events & series, in the studio or online.

BEGIN (OR REFRESH) A YOGA PRACTICE

DATE(S) / TIME	PROGRAM	LOCATION	INSTRUCTOR
Mon, 2:30-3:30pm 2/4 - 2/25	Beginner Series	Reach Yoga Studio	Lisa S.
Sat, 2:00-3:00pm 3/9 - 3/30	Introduction to Meditation	Reach Yoga Studio	Jeff Bunn
Mon, 1:30-2:30pm 2/25 - 3/18	Beginner Series	Reach Yoga Studio	Cheri W.
Wed, 2:30-3:30pm 3/6 - 4/3	Beginner Series	Reach Yoga Studio	Liz G.
Thurs, 6:00-7:00pm 4/4 - 5/2	Beginner Series	Reach Yoga Studio	Judy R.

FAMILY/KIDS EVENTS & SERIES

Thurs, 3:45-4:45pm 2/7 - 2/28	Girls Yoga (ages 11-13)	Reach Yoga Studio	Jocelyn S.
Sun, 1:30-2:30pm 2/10	Family Yoga	Reach Yoga Studio	Dayna R.
Sun, 5:45-6:30pm 3/3	Bedtime Story Yoga	Reach Yoga Studio	Dayna R.