

# 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	<b>Takiff Center:</b> 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	<b>Vinyasa Flow *new</b>	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.

### 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	<b>Takiff Center:</b> 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	<b>Move Well *new</b>	Level 1-2	Mia C.
12:30-1:45pm	<b>Vinyasa Flow *new</b>	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.

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

*Schedule subject to occasional change. This schedule effective 02/14/2019.*

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## yoga

### SPECIAL EVENTS & WORKSHOPS

DAY/TIME	PROGRAM	LOCATION	INSTRUCTOR
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
Sun, 4/14 1:00 - 2:30pm	Vibrational Sounds of Crystal Bowls & Voice	Reach Yoga Studio	Marian McNair
Thurs, 4/25 6:30 - 7:30pm	Live Music Flow	Reach Yoga Studio	Julia Leahy & Jonah Brooks

### BEGIN (OR REFRESH) A YOGA PRACTICE

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

### FAMILY/KIDS EVENTS & SERIES

Sun, 3/3 5:45 - 6:30pm	Bedtime Story Yoga	Reach Yoga Studio	Dayna R.
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*Find details online. Please register in advance for events & series, in the studio or online.*