



YOGA EAST

OCTOBER 2016



EAST END STUDIO

2226 Holiday Manor Shopping Center 40222

Monday	★ = recommended for new yoga students	
9:30-10:45 am	★ Hatha Yoga 1-2	Christiane Tawfik
11:00-12:15 pm	★ Hatha Yoga 1	Tricia Nelson
4:00-5:15 pm	★ \$5 Community Yoga	Teacher Interns
6:00-7:15 pm	★ Hatha Yoga 1-2	Anne Kosko
Tuesday		
9:30-10:45 am	Hatha Flow 2	Kara Price
11:00-12:15 pm	★ Hatha Yoga 1	Kara Price
5:00-6:15 pm	Vinyasa 1-2	Kara Price
6:30-7:30 pm	Pilates 60 min	Kara Price
Wednesday		
9:30-10:45 am	★ Hatha Yoga 1-2	Anne Kosko
11:00-12:15 pm	★ Gentle Yoga	Anne Kosko
4:00-5:15 pm	Hatha Flow 1-2	Kate Mattingly
6:00-7:15 pm	★ Hatha Yoga 1-2	Jamie Turner
Thursday		
9:30-10:45 am	Hatha Flow 1-2	Catherine Followell
11:00-12:15 pm	★ Gentle Yoga	Becky Thompson
5:00-6:15 pm	Vinyasa 1-2	Kara Price
6:30-7:30 pm	Pilates 60 min	Kara Price
Friday		
9:30-10:45 am	★ Hatha Yoga 1-2	Anne Borders
11:00-12:15 pm	★ Gentle Yoga	Anne Borders
Saturday		
10:00-11:30 am	★ Hatha Yoga 1-2	Laura Spaulding
Sunday		
10:00-11:15 am	★ Hatha Yoga 1-2	Anne Kosko

ST MATTHEWS STUDIO

115 Wiltshire Avenue 40207

Monday	★ = recommended for new yoga students	
10:00-11:15 am	★ Gentle Yoga	Anne Kosko
6:15-7:30 pm	Ashtanga Yoga 2-3 (Full Primary)	Niki Parsons
6:15-7:30 pm	★ Hatha Yoga 1	Susan Reid
Tuesday		
10:45-12:15 pm	★ Hatha Yoga 1-2	Laura Spaulding
4:30-5:45 pm	★ \$5 Community Yoga	Teacher Interns
6:15-7:30 pm	Hatha Flow 1-2	Anne Borders
Wednesday		
10:00-11:15 am	★ Hatha Yoga 1-2	Shannon Miller
6:15-7:30 pm	Ashtanga Yoga 2-3 (Full Primary)	Lauren Nugent
6:15-7:30 pm	★ Gentle Yoga	Denise Ford
Thursday		
10:45-12:15 pm	★ Hatha Yoga 1-2	Laura Spaulding
4:30-5:45 pm	★ \$5 Community Yoga	Teacher Interns
6:15-7:30 pm	Hatha Flow 1-2	Kate Mattingly
Friday		
10:00-11:15 am	★ Hatha Yoga 1-2	Susan Reid
6:30-7:45 pm	Friday Flow 1-2	Amy DeFigueiredo
Saturday		
9:30-10:45 am	Ashtanga Yoga 2-3 (Full Primary)	Ashtanga Staff
11:30-12:45 pm	★ Gentle Yoga	Susan Reid
Sunday		
9:45-11:00 am	Core Strength Yoga 2	Susan Reid
11:30-12:45 pm	★ Gentle Yoga	Vrinda Kumar
1:15-2:30 pm	★ \$5 Beginning Yoga	Erin Kinnetz

HIGHLANDS STUDIO

1125 E Kentucky Street 40204

Monday	★ = recommended for new yoga students	
6:00-8:30 am	*Mysore-Style Ashtanga 1-3	Laura Spaulding
3:30-5:00 pm	Self-Practice 2-3 (Members Only)	Laura Spaulding
6:00-7:15 pm	★ Hatha Yoga 1-2	Brandi Mundo
Tuesday		
6:00-8:30 am	*Mysore-Style Ashtanga 1-3	Laura Spaulding
6:00-7:15 pm	★ Gentle Yoga	Susan Reid
Wednesday		
6:00-8:30 am	*Mysore-Style Ashtanga 1-3	Laura Spaulding
11:00-12:15 pm	★ \$5 Chair Yoga	Leroy Chittenden
3:30-5:00 pm	Self-Practice 2-3 (Members Only)	Laura Spaulding
6:00-7:15 pm	★ Hatha Yoga 1-2	Kelli Torpey
Thursday		
6:00-8:30 am	*Mysore-Style Ashtanga 1-3	Laura Spaulding
5:30-6:45 pm	Yoga Sutras, Chapters 1-2 (TT)	Laura Spaulding
Friday		
6:00-7:15 am	*Mysore-Style Led Ashtanga 2-3	Laura Spaulding
4:00-5:15 pm	Ashtanga Yoga 2-3 (Full Primary)	Joe Autry
Saturday		
10:30-11:45 am	★ Hatha Yoga 1-2	Kim Eisner
Sunday		
7:30-9:00 am	*Mysore-Style Led Ashtanga 2-3	Laura Spaulding
10:30-11:45 am	Ashtanga Slow Flow 1-2	Caroline Heine
1:00-2:15 pm	★ \$5 Community Yoga	Teacher Interns

***Mysore-Style Practices require a Mysore Membership.**
Please phone (502) 585-9642 for more information.
Mysore Moon Days: OCT 16 & 30 / NOV 14 & 29

Classes are subject to change without notice. For the most up to-date information on classes, events, workshops and fees please check online at www.yogaeast.org.



DAVID GARRIGUES
ASHTANGA WORKSHOP
OCTOBER 8 & 9, St MATTHEWS

Please arrive on time! Teachers lock the doors at the start of class.
 Our studios are open 15 min before and after classes.

Questions? Phone the main office during business hours,
 Monday-Friday (502) 585-9642 or email info@yogaeast.org.