

**AUGUST 2017**

**Highlands Studio, 1125 E Kentucky St  
502 585 9642      yogaeast.org**

**Practice Levels**

**G = Gentle**

**1 = New-Beginning**

**1-2 = Beginning-Continuing**

**2 = Continuing**

**2-3 = Continuing-Intermediate**

**3 = Intermediate**



**YOGA EAST**

		<b>Practice Level</b>	
<b>MONDAY</b>			
6:00 - 8:30 AM	★\$ Mysore Style Ashtanga	<b>1 2 3</b>	Laura Spaulding w/John V
6:00 PM	★ Hatha Yoga	<b>1-2</b>	Brandi Mundo
<b>TUESDAY</b>			
6:00 - 8:30 AM	★\$ Mysore Style Ashtanga	<b>1 2 3</b>	Laura Spaulding w/Catherine F
6:00 PM	★ Gentle Yoga	<b>G</b>	Erin Kinnetz
<b>WEDNESDAY</b>			
6:00 - 8:30 AM	★\$ Mysore Style Ashtanga	<b>1 2 3</b>	Laura Spaulding w/Gail M
11:00 AM	★ LeRoy's \$5 Gentle Yoga	<b>G</b>	LeRoy Chittenden
6:00 PM	★ Hatha Yoga	<b>1-2</b>	Kelli Torpey
<b>THURSDAY</b>			
6:00 - 8:30 AM	★\$ Mysore Style Ashtanga	<b>1 2 3</b>	Laura Spaulding w/Alex T
4:00 PM	✗ Mysore Self-Practice	<b>2-3</b>	Susan Reid
6:00 PM	★ Hatha Yoga	<b>1-2</b>	Laura Spaulding
<b>FRIDAY</b>			
6:00 - 7:15 AM	✗\$ Mysore Style Led Class	<b>2-3</b>	Erin Cronin
10:30 AM	★ LeRoy's \$5 Chair Yoga	<b>G</b>	LeRoy Chittenden
4:00 PM	✗ Ashtanga Yoga	<b>3</b>	Joe Autry
5:30 PM	ॐ Yoga History & Myth (\$10)		Laura Spaulding
<b>SATURDAY</b>			
10:30 AM	★ Hatha Yoga	<b>1-2</b>	Kim Eisner
<b>SUNDAY</b>			
7:30 - 9:00 AM	✗\$ Mysore Style Led Class +	<b>2-3</b>	Laura Spaulding
10:30 AM	✗ Ashtanga Yoga	<b>2</b>	Caroline Heine / Marcia Bennett
1:00 PM	★ \$5 Community Yoga	<b>1-2</b>	Allison Longino

★ recommended for new, beginning and pregnant yoga students

\$ Mysore Members only! \$20 drop-in for out-of-town Ashtangis

✗ NOT recommended for new or beginning yoga students

ॐ 75 minute philosophy, discussion, meditation. \$10 drop-in

\$5 classes are included in memberships and unlimited packages