

AUGUST 2017

**St. Matthews Studio, 115 Wiltshire Ave
502 523 8020 yogaeast.org**

Practice Levels

G = Gentle

1 = New-Beginning

1-2 = Beginning-Continuing

2 = Continuing

2-3 = Continuing-Intermediate

3 = Intermediate



			Practice Level	
MONDAY				
10:00 AM	★ Gentle Yoga		G	Anne Kosko
4:30 PM	★ \$5 Beginning Hatha Yoga		1	Karen Sorgel
6:15 PM	✗ Yoga Flow		1-2	Susan Reid
TUESDAY				
10:00 AM	★ Hatha Yoga		1-2	Becky Thompson
4:30 PM	★ Hatha Yoga		1-2	Suzy Hatcher
6:15 PM	★ Hatha Yoga (Sivananda)		1-2	Susan Reid
6:15 PM	✗ Yoga Flow		1-2	Anne Borders
WEDNESDAY				
10:00 AM	★ Hatha Yoga		1-2	Carolina Ferro
4:30 PM	★ \$5 Community Yoga		1-2	Emily Smith
6:15 PM	✗ Yoga Flow		1-2	Kate Mattingly
6:15 PM	★ Gentle Yoga		G	Denise Ford
THURSDAY				
10:00 AM	★ Hatha Yoga		1-2	Brian Andriot
4:30 PM	★ Hatha Yoga		1-2	Nikki Ball
6:15 PM	✗ Ashtanga Yoga		2	Kate Mattingly
6:15 PM	★ Prenatal Yoga		1	Nikki Ball
FRIDAY				
10:00 AM	★ Hatha Yoga		1-2	Susan Reid
6:30 PM	✗ Yoga Flow		1-2	Amy DeFigueiredo
SATURDAY				
9:30 AM	✗ Yoga Flow		1-2	Rachel Torres
11:30 AM	★ Gentle Yoga		G	Roshi Vazinpour
SUNDAY				
9:45 AM	✗ Continuing Hatha (Core)		2	Susan Reid
11:30 AM	★ Gentle Yoga		G	Vrinda Kumar
1:15 PM	★ \$5 Beginning Hatha Yoga		1	Erin Kinnetz

★ *recommended for new, beginning and pregnant yoga students*
✗ *NOT recommended for new or beginning yoga students*
\$5 *classes are included in memberships and unlimited packages*