

December 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

		Practice Level	
MONDAY			
6:00 - 8:30 AM	★M Mysore Style Ashtanga	1 2 3	Alex Turner w/John V
4:00 PM	★M Mysore Style Ashtanga	1 2 3	Joe Autry
6:00 PM	★ Hatha Yoga	1-2	Allison Longino
TUESDAY			
6:00 - 8:30 AM	★M Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Catherine F
WEDNESDAY			
6:00 - 8:30 AM	★M Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Gail M
11:00 AM	★ \$5 LeRoy's Gentle Yoga	G	LeRoy Chittenden
4:00 PM	★M Mysore Style Ashtanga	1 2 3	Gail Minotti
6:00 PM	★ Hatha Yoga	1-2	Kelli Torpey
THURSDAY			
6:00 - 8:30 AM	★M Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Erin C
4:30 PM	✗ Hatha Yoga	2	Paul Long
6:00 PM	★ Hatha Yoga	1-2	Paul Long
FRIDAY			
6:00 - 7:15 AM	★M Mysore Style Led Class	2-3	Laura Spaulding
10:30 AM	★ \$5 LeRoy's Chair Yoga	G	LeRoy Chittenden
4:00 PM	✗ Ashtanga Led (Full Primary)	2-3	Erin Cronin
5:30 PM	ॐ Yoga History & Myth (\$10)		Laura Spaulding
SATURDAY			
10:30 AM	★ Hatha Yoga	1-2	Kim Eisner
SUNDAY			
7:30 - 9:00 AM	★M Mysore Style Led Class +	2-3	Laura Spaulding
10:30 AM	✗ Ashtanga Yoga	2	Caroline Heine
12:30 PM	★ FREE Intro to Yoga Hour	1	Teacher Interns

★ recommended for new, beginning and pregnant yoga students

M 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