

JULY 2017

East End Studio, 2226 Holiday Manor Ctr
502 585 9642 yogaeast.org



YOGA EAST

Practice Levels

G = Gentle

1 = New-Beginning

1-2 = Beginning-Continuing

2 = Continuing

2-3 = Continuing-Intermediate

3 = Intermediate

			Practice Level	
MONDAY				
9:30 AM	★	Hatha Yoga	1-2	Christiane Tawfik
11:00 AM	★	Gentle Yoga	G	Tricia Nelson
4:00 PM	★	\$5 Community Yoga	1-2	Roshi Vazinpour
6:00 PM	★	Hatha Yoga	1-2	Anne Kosko
TUESDAY				
9:30 AM	✗	Yoga Flow	2	Kara Price
11:00 AM	★	Beginning Hatha Yoga	1	Kara Price
5:00 PM	✗	Yoga Flow	1-2	Kara Price
6:30 PM		Pilates (60 min)		Kara Price
WEDNESDAY				
9:30 AM	★	Hatha Yoga	1-2	Anne Kosko
11:00 AM	★	Gentle Yoga	G	Anne Kosko
6:00 PM	★	Hatha Yoga	1-2	Jamie Turner
THURSDAY				
9:30 AM	✗	Yoga Flow	2	Catherine Followell
11:00 AM	★	Gentle Yoga	G	Becky Thompson w/Catherine F
5:00 PM	✗	Yoga Flow	1-2	Kara Price
6:30 PM		Pilates (60 min)		Kara Price
FRIDAY				
9:30 AM	★	Hatha Yoga	1-2	Catherine Followell
11:00 AM	★	Gentle Yoga	G	Catherine Followell
SATURDAY				
8:30 AM	✗	Intermediate Yoga	3	Laura Spaulding
10:00 AM	★	Hatha Yoga	1-2	Laura Spaulding w/Catherine F
SUNDAY				
10:00 AM	★	Hatha Yoga	1-2	Anne Kosko
4:00 PM	★	\$5 Community Yoga	1-2	Gul Marshall

★ 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