

JULY 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	★\$ Mysore Style Ashtanga	1 2 3	Laura Spaulding w/John V
6:00 PM	★ Hatha Yoga	1-2	Brandi Mundo
TUESDAY			
6:00 - 8:30 AM	★\$ Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Catherine F
6:00 PM	★ Gentle Yoga	G	Carolina Ferro
WEDNESDAY			
6:00 - 8:30 AM	★\$ Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Gail M
11:00 AM	★ LeRoy's \$5 Gentle Yoga	G	LeRoy Chittenden
4:00 PM	✗ Inversions & Backbends	2-3	Susan Reid
6:00 PM	★ Hatha Yoga	1-2	Allison Longino
THURSDAY			
6:00 - 8:30 AM	★\$ Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Alex T
6:00 PM	★ Hatha Yoga	1-2	Laura Spaulding
FRIDAY			
6:00 - 7:15 AM	✗\$ Mysore Style Led Class	2-3	Erin Cronin
10:30 AM	★ LeRoy's \$5 Chair Yoga	G	LeRoy Chittenden
4:00 PM	✗ Ashtanga Yoga	3	Joe Autry
5:30 PM	ॐ Heart ♥ of Yoga		Laura Spaulding
SATURDAY			
10:30 AM	★ Hatha Yoga	1-2	Kim Eisner
SUNDAY			
7:30 - 9:00 AM	✗\$ Mysore Style Led Class +	2-3	Laura Spaulding
10:30 AM	✗ Ashtanga Yoga	2	Caroline Heine
1:00 PM	★ \$5 Community Yoga	1-2	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 60 minute philosophy, discussion, meditation

\$5 classes are included in memberships and unlimited packages