

November 2017  
 East End Studio, 2226 Holiday Manor Ctr  
 502 424 5554      yogaeast.org

Practice Levels

G = Gentle

1 = New-Beginning

1-2 = Beginning-Continuing

2 = Continuing

2-3 = Continuing-Intermediate

3 = Intermediate



		Practice Level	
<b>MONDAY</b>			
9:30 AM	★ \$10 Chair Yoga Hour	G	Catherine Followell
9:30 AM	★ Hatha Yoga	1-2	Christiane Tawfik
11:00 AM	★ Gentle Yoga	G	Tricia Nelson
12:30 PM	★ Restorative Yoga Hr - Nov 20	G	Tricia Nelson w/Catherine F
6:00 PM	★ Hatha Yoga	1-2	Anne Kosko
<b>TUESDAY</b>			
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
<b>WEDNESDAY</b>			
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
<b>THURSDAY</b>			
9:30 AM	✗ Yoga Flow	2	Catherine Followell
11:00 AM	★ Gentle Yoga	G	Becky Thompson w/Anne B
5:00 PM	✗ Yoga Flow	1-2	Kara Price
6:30 PM	Pilates (60 min)		Kara Price
<b>FRIDAY</b>			
9:30 AM	★ Hatha Yoga	1-2	Anne Borders
11:00 AM	★ Gentle Yoga	G	Anne Borders
<b>SATURDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Laura Spaulding w/Catherine F
<b>SUNDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Anne Kosko
11:45 AM	★ Prenatal Yoga (Beg Nov 19)	1	Nikki Wolf

★ recommended for new, beginning and pregnant yoga students

✗ NOT recommended for new or beginning yoga students

\$5 & \$10 classes are included in memberships and unlimited packages