

November 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	
<b>MONDAY</b>			
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
6:15 PM	★ Children's Yoga Nidra Hour - Nov 20		Susan Reid
<b>TUESDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Becky Thompson
4:30 PM	★ Hatha Yoga	1-2	Suzy Hatcher
6:15 PM	✗ Yoga Flow	1-2	Anne Borders
6:15 PM	★ Hatha Yoga (Sivananda)	1-2	Susan Reid
<b>WEDNESDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Gul Marshall
4:30 PM	★ Hatha Yoga	1-2	Emily Smith
6:15 PM	✗ Yoga Flow	1-2	Kate Mattingly
6:15 PM	★ Gentle Yoga	G	Denise Ford
<b>THURSDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Brian Andriot
4:30 PM	★ \$5 Community Yoga	1-2	Doug Van Houten
6:15 PM	✗ Ashtanga Yoga	2	Kate Mattingly
<b>FRIDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Susan Reid
6:30 PM	✗ Yoga Flow	1-2	Amy DeFigueiredo
<b>SATURDAY</b>			
9:30 AM	✗ Yoga Flow	1-2	Rachel Torres
11:30 AM	★ Gentle Yoga	G	Roshi Vazinpour
5:30 PM	★ Gratitude Kirtan - Nov 18		Emily Smith
<b>SUNDAY</b>			
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