

October 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



		Practice Level	
<b>MONDAY</b>			
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	Brandi Mundo
<b>TUESDAY</b>			
6:00 - 8:30 AM	★M Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Catherine F
6:00 PM	★ Gentle Yoga	G	Erin Kinnetz
<b>WEDNESDAY</b>			
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
<b>THURSDAY</b>			
6:00 - 8:30 AM	★M Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Erin C
4:00 PM	✗ Self-Practice	2-3	Susan Reid
6:00 PM	★ Hatha Yoga	1-2	Laura Spaulding
<b>FRIDAY</b>			
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 (Full Primary)	2-3	Erin Cronin
5:30 PM	ॐ Yoga History & Myth (\$10)		Laura Spaulding
<b>SATURDAY</b>			
10:30 AM	★ Hatha Yoga	1-2	Kim Eisner
<b>SUNDAY</b>			
7:30 - 9:00 AM	★M 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
- 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