

October 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	
MONDAY				
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
TUESDAY				
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
WEDNESDAY				
10:00 AM	★ Hatha Yoga		1-2	Carolina Ferro
4:30 PM	★ \$5 Community Yoga		1-2	Emily Smith
6:15 PM	✗ Yoga Flow		1-2	Kate Mattingly
6:15 PM	★ Gentle Yoga		G	Denise Ford
THURSDAY				
10:00 AM	★ Hatha Yoga		1-2	Brian Andriot
4:30 PM	★ Hatha Yoga		1-2	Nikki Ball
6:15 PM	✗ Ashtanga Yoga		2	Kate Mattingly
6:15 PM	★ Prenatal Yoga		1	Nikki Ball
FRIDAY				
10:00 AM	★ Hatha Yoga		1-2	Susan Reid
6:30 PM	✗ Yoga Flow		1-2	Amy DeFigueiredo
SATURDAY				
9:30 AM	✗ Yoga Flow		1-2	Rachel Torres
11:30 AM	★ Gentle Yoga		G	Roshi Vazinpour
6:00 PM	★ Kirtan - October 7			Emily Smith
SUNDAY				
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