

September 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	
MONDAY			
9:30 AM	★ \$10 Chair Yoga (60 min)	G	Catherine Followell
9:30 AM	★ Hatha Yoga	1-2	Christiane Tawfik
11:00 AM	★ Gentle Yoga	G	Tricia Nelson
12:30 PM	★ Restorative(60 min) Sept 18	G	Tricia Nelson
6:00 PM	★ Hatha Yoga	1-2	Anne Kosko
TUESDAY			
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
WEDNESDAY			
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
THURSDAY			
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
FRIDAY			
9:30 AM	★ Hatha Yoga	1-2	Anne Borders
11:00 AM	★ Gentle Yoga	G	Anne Borders
SATURDAY			
8:30 AM	✗✗ M Intermediate-Advanced Yoga	3-4	Laura Spaulding
10:00 AM	★ Hatha Yoga	1-2	Laura Spaulding w/Catherine F
SUNDAY			
10:00 AM	★ Hatha Yoga	1-2	Anne Kosko
12:00 PM	★ Free Intro to Yoga	1	Teacher Interns
4:00 PM	★ \$5 Community Yoga	1-2	Gul Marshall

★ 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