

September 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	
MONDAY				
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	Mysore Staff
6:00 PM	★	Hatha Yoga	1-2	Brandi Mundo
TUESDAY				
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
WEDNESDAY				
6:00 - 8:30 AM	★M	Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Gail M
11:00 AM	★	LeRoy's \$5 Gentle Yoga	G	LeRoy Chittenden
4:00 PM	★M	Mysore Style Ashtanga	1 2 3	Mysore Staff
6:00 PM	★	Hatha Yoga	1-2	Kelli Torpey
THURSDAY				
6:00 - 8:30 AM	★M	Mysore Style Ashtanga	1 2 3	Laura Spaulding w/Erin C
4:00 PM	✗	Mysore Self-Practice	2-3	Susan Reid
6:00 PM	★	Hatha Yoga	1-2	Laura Spaulding
FRIDAY				
6:00 - 7:15 AM	★M	Mysore Style Led Class	2-3	Laura Spaulding
10:30 AM	★	LeRoy's \$5 Chair Yoga	G	LeRoy Chittenden
4:00 PM	✗	Ashtanga (Full Primary)	3	Erin Cronin
5:30 PM	ॐ	Yoga History & Myth (\$10)		Laura Spaulding
SATURDAY				
10:30 AM	★	Hatha Yoga	1-2	Kim Eisner
SUNDAY				
7:30 - 9:00 AM	★M	Mysore Style Led Class +	2-3	Laura Spaulding
10:30 AM	✗	Beginning Ashtanga Yoga	2	Caroline Heine / Marcia Bennett
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