

Weekly Schedule Fall/Winter 2011-2012

Monday	Tuesday	Wednesday	Thursday	Saturday
9:00-9:30 am Silent Meditation (Free)	9:00-9:30 am Silent Meditation (Free)	10:00-11:00 am Kripalu <i>Theresa</i>	9:00-9:30 am Silent Meditation (Free)	**8:30-9:00 am Silent Meditation (Free)
9:30-11:00 am Mixed Flow <i>Ruthie</i>	9:30-11:00 am Mixed Flow <i>Ruthie</i>		9:30-11:00 am Mixed Flow <i>Ruthie</i>	**9:00-10:30 am Class Sampler <i>Staff Rotation</i>
6:00-7:30 pm Slow Flow <i>Ruthie</i>	5:30-6:45 pm Mindful Yoga <i>Debi</i>	5:30-6:45 pm Elements of Yoga <i>Chris</i>	6:30-7:00 pm Silent Meditation (Free)	
	7:00-8:45 pm Meditation* <i>McNair</i>		7:00-8:30 pm Mixed Flow <i>Stephanie</i>	

Note new times *Tuesday Meditation Special \$10 drop-in fee*
 Please visit Elevationyogastudio.net for class descriptions and updates