

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30-10:45 am Sunday Yoga with Steve	2 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	3 6:00-7:15 pm Yoga Basics with Steve	4 5:30-6:45 pm Flow Yoga All Levels with Donna	5 6:00-7:15 pm Gentle Stretch and Renew with Beth	6 8:45-10:00 am Flow Yoga All Levels with Amy	7 8:45-10:00 am Flow Yoga All Levels with Donna
8 9:30-10:45 am Sunday Yoga with Beth	9 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	10 6:00-7:15 pm Yoga Basics with Steve	11 5:30-6:45 pm Flow Yoga All Levels with Donna	12 6:00-7:15 pm Gentle Stretch and Renew with Beth	13 8:45-10:00 am Flow Yoga All Levels with Amy	14 8:45-10:00 am Flow Yoga All Levels Root to Rise Balancing Workshop with Donna 1-2:30 pm
15 9:30-10:45 am Sunday Yoga with Steve	16 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	17 6:00-7:15 pm Yoga Basics with Steve	18 5:30-6:45 pm Flow Yoga All Levels with Donna	19 6:00-7:15 pm Gentle Stretch and Renew with Beth	20 8:45-10:00 am Flow Yoga All Levels with Donna	21 8:45-10:00 am Flow Yoga All Levels with Donna
22 9:30-10:45 am Sunday Yoga with Beth	23 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	24 6:00-7:15 pm Yoga Basics with Steve	25 5:30-6:45 pm Flow Yoga All Levels with Donna	26 6:00-7:15 pm Gentle Stretch and Renew with Beth	27 8:45-10:00 am Flow Yoga All Levels with Amy	28 8:45-10:00 am Flow Yoga All Levels Open Your Heart Elements of Backbending Workshop with Donna 1-2:30 pm
29 9:30-10:45 am Sunday Yoga with Steve	30 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna Chakra Workshop with Beth 5:30-7:30 pm		New student special, 2 weeks for \$30! Start anytime.			

RATES:

Class Pass:

1 class for \$15

4 for \$45

6 for \$63

10 for \$98

22 for \$198

GOOD FOR ONE YEAR.

~or~

Express Pass:

6 for \$57

10 for \$90

GOOD FOR 3 MONTHS.

90 Minute Workshops:

\$30, not included in class passes.

Mats, blankets and blocks are available at the studio.

We also offer gift certificates.

Call 603-726-1013 or email blyogaclasses@gmail.com for more information.

www.yoga-nh.com