

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New student special, 2 weeks for \$35! Start anytime.</p> <p>Next Beginner Series Starts December 6</p>						1 8:45-10:00 am Whole Body Yoga All Levels with Mary
2 9:30-10:45 am Sunday Yoga OPEN	3 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna	4 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth	5 5:30-6:45 pm Flow Yoga All Levels with Donna	6 4:30-5:45 pm Yoga Basics with Steve Beginner Yoga week one 6-7:15 pm	7 8:45-10:00 am Flow Yoga All Levels with Amy	8 8:45-10:00 am Whole Body Yoga All Levels with Mary
9 9:30-10:45 am Sunday Yoga with Steve	10 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna	11 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth	12 5:30-6:45 pm Flow Yoga All Levels with Donna	13 4:30-5:45 pm Yoga Basics with Steve Beginner Yoga week two 6-7:15 pm	14 8:45-10:00 am Flow Yoga All Levels with Amy	15 8:45-10:00 am Whole Body Yoga All Levels with Mary
16 9:30-10:45 am Sunday Yoga with Steve	17 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels	18 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth	19 5:30-6:45 pm Flow Yoga All Levels with Donna	20 4:30-5:45 pm Yoga Basics with Steve Beginner Yoga week three 6-7:15 pm	21 8:45-10:00 am Flow Yoga All Levels with Amy	22 8:45-10:00 am Whole Body Yoga All Levels with Mary
23/30 Studio Closed MERRY CHRISTMAS AND HAPPY NEW YEAR!!	24/31 Studio Closed MERRY CHRISTMAS AND HAPPY NEW YEAR!!!	25 Studio Closed MERRY CHRISTMAS AND HAPPY NEW YEAR!!!	26 5:30-6:45 pm Flow Yoga All Levels with Donna	27 4:30-5:45 pm Yoga Basics with Steve	28 8:45-10:00 am Flow Yoga All Levels with Amy	29 8:45-10:00 am Whole Body Yoga All Levels with Mary

RATES:

Class Pass:

1 class for \$15

4 for \$46

6 for \$66

10 for \$105

22 for \$220

GOOD FOR ONE YEAR.

Beginner Series

6 weeks for \$75

UpLevel Classes

1 class for \$30

Mats, blankets and
blocks are available at
the studio.

We also offer gift
certificates.

Call 603-726-1013
or email [blyogaclasses@
gmail.com](mailto:blyogaclasses@gmail.com) for more
information.

www.yoga-nh.com