

DECEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New student special, 2 weeks for \$30! Start anytime.					1 Happy Friday No Yoga Today	2 FREE 8:45-9:45 am with YTT Teri
3 9:30-10:45 am Sunday Yoga with Beth FREE 3-4 pm with YTT Steve	4 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna Beginner's Series week four 6-7:15 pm	5 8:45-10:00 am Balanced Flow Yin/ Yang yoga with Amy	6 5:30-6:45 pm Flow Yoga All Levels with Donna	7 6:00-7:15 pm Restorative Yoga with Beth	8 Happy Friday No Yoga Today	9 8:45-10:00 am Flow Yoga All Levels with Donna
10 9:30-10:45 am Sunday Yoga with Beth	11 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna Beginner's Series week five 6-7:15 pm	12 8:45-10:00 am Balanced Flow Yin/ Yang yoga with Amy	13 5:30-6:45 pm Flow Yoga All Levels with Donna	14 6:00-7:15 pm Restorative Yoga with Beth	15 Happy Friday No Yoga Today	16 8:45-10:00 am Flow Yoga All Levels with Donna
17 9:30-10:45 am Sunday Yoga with Beth	18 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna Beginner's Series week six 6-7:15 pm	19 8:45-10:00 am Balanced Flow Yin/ Yang yoga with Amy	20 5:30-6:45 pm Flow Yoga All Levels with Donna	21 6:00-7:15 pm Restorative Yoga with Beth	22 Happy Friday No Yoga Today	23 8:45-10:00 am Flow Yoga All Levels with Donna
24/31 Happy Sunday No Yoga Today	25 Merry Christmas No Yoga Today	26 8:45-10:00 am Balanced Flow Yin/ Yang yoga with Amy	27 5:30-6:45 pm Flow Yoga All Levels with Donna	28 6:00-7:15 pm Restorative Yoga with Beth	29 Happy Friday No Yoga Today	30 8:45-10:00 am Flow Yoga All Levels with Donna

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.

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