

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 6:00-7:15 pm Gentle Stretch and Renew with Beth	2 Happy Friday No Yoga Today	3 8:45-10:00 am Flow Yoga All Levels with Donna
4 9:30-10:45 am Sunday Yoga	5 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	6 8:45-10:00 am Balanced Flow Yin/ Yang yoga with Amy 6:00-7:15 pm Yoga Basics with Steve	7 5:30-6:45 pm Flow Yoga All Levels with Donna	8 6:00-7:15 pm Gentle Stretch and Renew with Beth	9 Happy Friday No Yoga Today	10 8:45-10:00 am Flow Yoga All Levels with Donna
11 9:30-10:45 am Sunday Yoga	12 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	13 8:45-10:00 am Balanced Flow Yin/ Yang yoga with Amy 6:00-7:15 pm Yoga Basics with Steve	14 5:30-6:45 pm Flow Yoga All Levels with Donna	15 6:00-7:15 pm Gentle Stretch and Renew with Beth	16 Happy Friday No Yoga Today	17 8:45-10:00 am Flow Yoga All Levels with Donna
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25 9:30-10:45 am Sunday Yoga	26 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	27 8:45-10:00 am Balanced Flow Yin/ Yang yoga with Amy 6:00-7:15 pm Yoga Basics with Steve	28 5:30-6:45 pm Flow Yoga All Levels with Donna	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.*

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](http://www.yoga-nh.com)