

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
New student special, 2 weeks for \$30! Start anytime.				1 6:00-7:15 pm Gentle Stretch and Renew with Beth	2 8:45-10:00 am Flow Yoga All Levels with Amy	3 8:45-10:00 am Flow Yoga All Levels with Donna
4 9:30-10:45 am Sunday Yoga with Steve	5 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	6 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 8:45-10:00 am Flow Yoga All Levels with Amy	10 8:45-10:00 am Flow Yoga All Levels with Donna
11 9:30-10:45 am Sunday Yoga with Steve	12 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	13 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 8:45-10:00 am Flow Yoga All Levels with Amy	17 8:45-10:00 am Flow Yoga All Levels with Donna
18 9:30-10:45 am Sunday Yoga with Beth	19 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	20 6:00-7:15 pm Yoga Basics with Steve	21 5:30-6:45 pm Flow Yoga All Levels with Donna	22 6:00-7:15 pm Gentle Stretch and Renew with Beth	23 8:45-10:00 am Flow Yoga All Levels with Donna	24 8:45-10:00 am Flow Yoga All Levels with Donna
25 9:30-10:45 am Sunday Yoga with Steve	26 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	27 6:00-7:15 pm Yoga Basics with Steve	28 5:30-6:45 pm Flow Yoga All Levels with Donna	29 6:00-7:15 pm Gentle Stretch and Renew with Beth	30 8:45-10:00 am Flow Yoga All Levels with Donna	31 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