

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:00-7:15 pm Yoga Basics with Steve	2 5:30-6:45 pm Flow Yoga All Levels with Donna	3 6:00-7:15 pm Gentle Stretch and Renew with Beth	4 8:45-10:00 am Flow Yoga All Levels with Donna	5 8:45-10:00 am Flow Yoga All Levels with Donna
6 9:30-10:45 am Sunday Yoga with Beth	7 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	8 6:00-7:15 pm Yoga Basics with Steve	9 5:30-6:45 pm Flow Yoga All Levels with Donna	10 6:00-7:15 pm Gentle Stretch and Renew with Beth	11 8:45-10:00 am Flow Yoga All Levels with Donna	12 8:45-10:00 am Flow Yoga All Levels with Donna
13 9:30-10:45 am Mother's Day Yoga with Donna	14 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	15 6:00-7:15 pm Yoga Basics with Steve	16 5:30-6:45 pm Flow Yoga All Levels with Donna	17 6:00-7:15 pm Gentle Stretch and Renew with Beth	18 8:45-10:00 am Flow Yoga All Levels with Donna	19 8:45-10:00 am Flow Yoga All Levels with Donna Inversions Workshop with Donna 1-2:30 pm
20 9:30-10:45 am Sunday Yoga with Beth	21 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels with Donna	22 6:00-7:15 pm Yoga Basics with Steve	23 5:30-6:45 pm Flow Yoga All Levels with Donna	24 6:00-7:15 pm Gentle Stretch and Renew with Beth	25 8:45-10:00 am Flow Yoga All Levels with Amy	26 8:45-10:00 am Flow Yoga All Levels with Donna
27 9:30-10:45 am Sunday Yoga with Donna	28 Memorial Day No Classes	29 6:00-7:15 pm Yoga Basics with Steve	30 5:30-6:45 pm Flow Yoga All Levels with Donna	31 6:00-7:15 pm Gentle Stretch and Renew with Beth	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