

NOVEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>New student special, 2 weeks for \$35! Start anytime.</p> <p>Next UpLevel Series Starts November 19</p> <p>Next Beginner Series Starts December 6</p>				<p>1 4:30-5:45 pm Fit Flow with Edna Beginner Yoga week three 6-7:15 pm</p>	<p>2 Happy Friday No class today.</p>	<p>3 8:45-10:00 am Whole Body Yoga All Levels with Mary</p>
<p>4 9:30-10:45 am Sunday Yoga with Steve</p>	<p>5 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna</p>	<p>6 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth</p>	<p>7 5:30-6:45 pm Flow Yoga All Levels with Donna</p>	<p>8 4:30-5:45 pm Yoga Basics with Steve Beginner Yoga week four 6-7:15 pm</p>	<p>9 8:45-10:00 am Flow Yoga All Levels with Amy</p>	<p>10 8:45-10:00 am Whole Body Yoga All Levels with Mary</p>
<p>11 9:30-10:45 am Sunday Yoga with Steve</p>	<p>12 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels</p>	<p>13 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth</p>	<p>14 5:30-6:45 pm Flow Yoga All Levels with Donna</p>	<p>15 4:30-5:45 pm Yoga Basics with Mary Beginner Yoga week five 6-7:15 pm</p>	<p>16 8:45-10:00 am Flow Yoga All Levels with Amy</p>	<p>17 8:45-10:00 am Whole Body Yoga All Levels with Mary</p>
<p>18 9:30-10:45 am Sunday Yoga with Amy</p>	<p>19 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna</p>	<p>20 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth</p>	<p>21 5:30-6:45 pm Flow Yoga All Levels with Donna</p>	<p>22 Thanksgiving</p>	<p>23 Studio Closed</p>	<p>24 8:45-10:00 am Whole Body Yoga All Levels with Mary</p>
<p>25 9:30-10:45 am Sunday Yoga with Amy</p>	<p>26 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna</p>	<p>27 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth</p>	<p>28 5:30-6:45 pm Flow Yoga All Levels with Donna</p>	<p>29 4:30-5:45 pm Yoga Basics with Mary Beginner Yoga week six 6-7:15 pm</p>	<p>30 8:45-10:00 am Flow Yoga All Levels with Amy</p>	<p>12/1 8:45-10:00 am Whole Body Yoga All Levels with Mary</p>

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

4 for \$110

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