

SUMMER 2010 YOGA CLASSES

MONDAY:

9:00–10:30 am Fusion Flow Yoga with Jodi Sargent \$16
4:00–5:00 pm Gentle Mindfulness Yoga with Laura Neal \$12
5:15–6:15 pm Monday Meditation with Laura Neal \$5 or donation
5:30–7:00 pm Prana Flow Yoga with Heather Murray \$16

TUESDAY:

8:00–9:00 am Dynamic Flow Yoga with Lyn Gatz \$12
4:00–5:00 pm Mindfulness Yoga with Laura Neal \$12
5:30–6:30 pm Mindfulness Yoga with Laura Neal \$12
7:00–8:30 pm Hatha Yoga with David Walker \$16

WEDNESDAY:

8:00–9:00 am Slow Flow Yoga w/ Jen Munyer (7/7, 7/14, 8/4, 8/18)
or Laura Neal (7/21, 7/28, 8/11, 8/25) \$12
4:00–5:00 pm Yin Yoga with Lyn Gatz \$12
5:30–6:30 pm Vinyasa Flow Yoga with Lyn Gatz \$12

THURSDAY:

8:00–9:00 am Yin Yoga with Lyn Gatz \$12
4:00–5:00 pm Mindfulness Yoga with Laura Neal \$12
5:30–6:30 pm Mindfulness Yoga with Laura Neal \$12

FRIDAY:

9:00–10:30 am Prana Flow Yoga with Heather Murray \$16
4:00–5:00 pm Gentle Mindfulness Yoga w/ Laura Neal \$12
5:30–6:30 pm Prana Flow Yoga with Heather Murray \$12

SATURDAY:

9:00–10:00 am Hatha, Movement & Breath w/ Deirdre Swords \$12
(8--9 am on July 3rd only)

SUNDAY:

8:00–9:00 am Hatha Flow Yoga with Jen Munyer \$12
9:30–10:30 am Hatha Flow Yoga with Jen Munyer \$12
5:00–6:30 pm Kundalini Yoga with Siri Temple \$16 (no class 7/4)

All classes are on a drop-in basis; no registration is required.

Mats and props are provided; you are also welcome to bring your own.

Visit our website for schedule changes, class descriptions, teacher bios and substitutions.

Please note that our minimum age for participation is 13.

We are not able to accept credit cards. Cash or local checks only.



Located right in the center of downtown Bar Harbor

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