

FEBRUARY 2012 YOGA CLASSES

MONDAY:

- 9:00–10:30 am Hatha Vinyasa Yoga with Jodi Sargent \$16
4:00–5:00 pm Gentle Mindfulness Yoga with Laura Neal \$12
5:15–6:15 pm Meditation/Dharma Study w/ Laura Neal by donation
5:30–7:00 pm Prana Flow Yoga with Heather Murray \$16

TUESDAY:

- 4:00–5:00 pm Foundations of Yoga with Laura Neal \$12
5:30–6:30 pm Foundations of Yoga with Laura Neal \$12
7:00–8:30 pm Hatha Yoga with David Walker \$16

WEDNESDAY:

- 12:00–12:45 pm Lunchtime Yoga with Jodi Sargent \$8
4:00–5:00 pm Yin Yoga with Lyn Gatz \$12
5:30–6:30 pm Vinyasa Flow Yoga with Lyn Gatz \$12
7:00–8:00 pm Introduction to Yoga with Johannah Blackman \$12
(8 week series starting 2/8)

THURSDAY:

- 4:00–5:00 pm Mindfulness Yoga with Laura Neal \$12
5:30–6:30 pm Mindfulness Yoga with Laura Neal \$12
6:45–7:45 pm Meditation w/ Dennis Kiley by donation (except 2/23)
(Zen Practice on 2/23 from 7–8:30 w/ Rev. Bonyon)

FRIDAY:

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

SUNDAY:

- 8:45–9:15 am Community Sit with Dennis Kiley by donation
9:30–10:30 am Mindful Flow Yoga with Dennis Kiley \$12
5:00–6:30 pm Kundalini Yoga with Siri Temple \$16

WORKSHOPS AND SPECIAL PRACTICES:

The Practice of Sankalpa w/ Johannah Blackman. Sat. 2/4 10 am–12 pm.
\$25 w/ pre-registration: johannah.blackman@gmail.com

Gathering In Wholeness: A Men's Circle w/ Dennis Kiley.
Monday 2/6 7:30–9 pm. \$12 donation suggested. Drop-in
More info: (207)-317-6185 or email denniskiley@gmail.com

Root Down Rise Up: Arm Balances & Inversions w/ Heather Murray.
Sat. 2/11 10 am–1:00 pm. \$40 w/ pre-registration: heather@heathermurray-jeweler.com

Pre-Natal Yoga w/ Jodi Sargent. Sat. 2/11 10:30 am–12 noon. \$20. Info/Pre-register: pranajo73@yahoo.com or 664-9195.

The Zen of Yin w/ Laura Bonyon Neal. Saturday 2/18 10am–12 pm \$25 w/ pre-registration: yoga@cattitudemdi.com

Kudalini Morning Sadhana (and potluck breakfast) w/ Lauren Rupp.
Sat. 2/25 6–8 am. \$25 w/ pre-reg: laurenrupp108@gmail.com

Zen Meditation and Practice w/ Laura Bonyon Neal. Thursday 2/23 7–8:30 pm. All are welcome. Drop-in. No charge (donations gratefully accepted).

The Medicine Wheel: Living Life in Balance w/ Dennis Kiley. Saturday 2/25 10–11:30 am \$15 pre-registration: denniskiley@gmail.com



Located right in the center of downtown Bar Harbor

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