



SUMMER YOGA CLASSES



MONDAY:

- 9:00—10:00 am: Groove & Flow Yoga with Sivadas \$10
4:00—5:00 pm: Gentle Mindfulness Yoga w/ Laura Neal \$10
5:30—6:30 pm: Energetic Flow Yoga with Heather Murray \$10

TUESDAY:

- 8:00—9:00 am: Vinyasa Flow Yoga with Lyn Gatz \$10
4:00—5:00 pm: Mindfulness Yoga with Laura Neal \$10
5:30—6:30 pm: Mindfulness Yoga with Laura Neal \$10
7:00—9:00 pm: Hatha Yoga with David Walker \$16

WEDNESDAY:

- 7:30—8:30 am: Slow Flow Yoga with Jen Munyer \$10
5:30—6:30 pm: Vinyasa Flow Yoga with Lyn Gatz \$10

THURSDAY:

- 8:00—9:00 am: Yoga for Our Well-Being with Lyn Gatz \$10
4:00—5:00 pm: Mindfulness Yoga with Laura Neal \$10
5:30—6:30 pm: Mindfulness Yoga with Laura Neal \$10

FRIDAY:

- 9:00—10:30 am: Solar Flow Yoga with Jen Munyer \$10
5:30—6:30 pm: Lunar Flow Yoga with Heather Murray or Jen Munyer \$10

SATURDAY:

- 8:00—9:00 am: Middle Path Yoga with Mary Cline \$10
9:30—10:45 am: Sivananda Yoga with Deirdre Swords \$12

SUNDAY:

- 8:00—9:00 am: Hatha Flow Yoga with Jen Munyer \$10
9:30—10:30 am: Hatha Flow Yoga with Jen Munyer \$10

For schedule changes, class descriptions and teacher bios, please check the website at www.cattitudemdi.com.

Also watch for announcements of classes in our new meditation studio!

Yoga at Cattitude is located in the Bayside Landing at 53 Main Street in Downtown Bar Harbor. You can find us on the second level, next to Testa's Restaurant and across from Sherman's Bookstore.

All regular classes are on a drop-in basis—no registration is necessary. Mats and other props are provided.

We look forward to having you join us!

Namaste!