



## **MAY 2017 CLASS SCHEDULE**

### **SUNDAYS**

8:00-9:15am **All Levels Vinyasa Yoga** with Ashley  
10:00-11:15am **All Levels Vinyasa Yoga** with Ashley

### **MONDAYS**

9:00-10:15am **Yin Yoga** with Cassandra  
6:00-7:15pm **All Levels Vinyasa Yoga** with Jessica  
7:30-8:45pm **Beginners/Gentle Vinyasa Yoga** with Jessica

### **TUESDAYS**

9:00-10:15am **All Levels Kripalu Yoga** with Addie  
4:15-5:30pm **All Levels Vinyasa Yoga** with Traci  
6:00-7:15pm **Flow to Restore** with Ashley

### **WEDNESDAYS**

9:00-10:15am **Core Strength Vinyasa** with Jessica  
4:30-5:45pm **All Levels Kripalu Yoga** with Heather **\*NEW TIME**  
7:00-8:15pm **Unwind Yoga** with Cassandra

### **THURSDAYS**

9:00-10:15am **All Levels Kripalu Yoga** with Addie  
4:15-5:30pm **All Levels Vinyasa Yoga** with Traci  
7:00-8:15pm **Yin Yoga** with Jessica

### **FRIDAYS**

9:00-10:15am **Gentle Vinyasa Yoga** with Jessica

### **SATURDAYS**

9:00-10:15am **Core Strength Vinyasa Yoga** with Jessica  
10:30-11:45am **Yin Yoga** with Jessica

For class descriptions, schedule changes & registration for events, please visit

[www.forever-yoga.com](http://www.forever-yoga.com)

### **Upcoming Events in May - PRE-REGISTRATION REQUIRED**

5/12 Cats on Mats!! - 6-8pm \$20.00 minimum donation to Monadnock Kitty Rescue

5/16 Yoga Teacher Training Info Night - 6pm FREE!! Learn more about our program

### **CASH ONLY Donation Classes in May - No Pre-registration required**

5/5&6 Yoga Teacher Training FUNdraising weekend - See website for details

5/13 Kirtan with the Solar Dynasty Band and Satya Franche - 7pm

5/19 Friday Night Fundraising Flow - 5-6:15pm BY DONATION

5/21 - Monthly Yoga Nidra Flow - 6-7:15pm BY DONATION

Regular class prices: Drop in \$15;

Monthly Membership \$100;

25 Class Pass \$275 (expires 6 months from date of purchase);

10 Class Pass \$120 (expires 3 months from date of purchase);

5 Class Pass \$65 (expires 2 months from date of purchase);

Cash, personal checks and all major credit cards accepted