



March
2018

Group Yoga

provided
by:

YOGA *mindset* 

VOTED TRIAD'S BEST YOGA STUDIO 2014, 2015 and 2017

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

				1 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Murielle) - in studio #3 -	2 No Class	3 SUPER SAMPLER SATURDAY! 8:00am – 1:15pm Come try several classes
4 No Class	5 No Class	6 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Jacqueline)	7 No Class	8 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Bill) - in studio #3 -	9 No Class	10 9:15 AM – 10:15 AM Yoga Foundations (Bill)
11 No Class	12 No Class	13 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Jacqueline)	14 No Class	15 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	16 No Class	17 9:15 AM – 10:15 AM Yoga Foundations (Rob)
18 No Class	19 No Class	20 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Jacqueline)	21 No Class	22 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	23 No Class	24 9:15 AM – 10:15 AM Yoga Foundations (Bill)
25 No Class	26 No Class	27 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Jacqueline)	28 No Class	29 5:45 AM – 6:45 AM All Levels (Rob) 7:15 PM – 8:15 PM All Levels (Rob) - in studio #3 -	30 No Class	31 9:15 AM – 10:15 AM Yoga Foundations (Murielle)

Yoga Foundations on Saturday mornings will cover alignment principles and foundations so the student gets to know their own personal body, and how it moves through the physical yoga postures. Students will be given one on one attention and hands on adjustments to learn proper alignment of the postures. Connection to the breath within each pose will be acknowledged and embraced. No previous experience necessary.