



TIME	DAY	CLASS	DESCRIPTION
6:00pm	MONDAY	Restorative Yoga ,Massage & Live Music	A deeply healing class, leave feeling nurtured restored completely relaxed!
6:30-7:45pm	TUESDAY	Classic Yoga for All Levels	A true yoga practice aligned with ancient yogic concepts.
5:30PM	WEDNESDAY (begins in April)	Gentle Yoga/Couch Potatoes	Laugh, breathe &move!
7:00PM		Yoga at Wilbraham – The Dance Studio	An all levels classic yoga class.
TBD	(begins in April)	Jam / Dance	Live Music & Dance
6:00PM	THURSDAY	Yoga With Aerial Silks	Yoga w Silks for balance, deepening postures & optional inversions
7:15		Hatha Transformational Yoga Journey	A healing practice that unites the breath, mind, spirit and emotions through a physical practice.
12noon	FRIDAY	TGIF Lunch Yoga	Lunch break! All Levels
5:30PM	Begins 4/6	TGIF Yoga with Yoga Nidra & Stretch	Yogic Sleep, Breath, Stretch
6:45PM		Guru Dev Mata-1 st Fri of the Month	Support for families/friends of addicts
7:00PM		Mediumship / Intuition Circle	Meets the Last Friday Each Month
	SATURDAY	WORKSHOPS PLEASE CHECK WEBSITE	AND FACEBOOK!!!
2;30PM	SUNDAY	Yoga with Silks / Extended Rest	All Levels Class
6:00pm		Intro to Belly Dance	Fun woman tribal class for all!