

**Sept 2011
updated 10/5/2011**

Monday

9:30 - 11:00 amBasics Flow.....Rebecca Foster
5:00 - 5:30 pm.....meditation.....free
5:45 - 7:15 pm.....Vinyaasa FlowTom Gillette
7:30 - 9:00 pm.....Basics Flow.....Rebecca Foster

Tuesday

7 ;00 - 8:00 am.....Rise and ShineJenn Thomas
9:30 - 11:00 am.....Vinyaasa FlowShannah Green
5:45 - 7:15 pm.....Vinyaasa FlowShannah Green
7:30 - 9:00 pm.....Basics Flow.....Patricia Hottel

Wednesday

630 - 7:30 am.....Rise and Shine.....Mimi Budnick
9:30 - 11 amDeepen Your Yoga ...Jessie Eisendrath
3:30 - 4:45 pm.....Yoga by Donation.....staff
5:45 - 7:15 pm.....Prana Flow Yoga.....Coral Brown
7:30 - 9:00 pm.....Yang Yin YogaJenn Thomas

Thursday

9:30 - 11 amVinyaasa FlowShannah Green
5:00 - 5:30 pm.....meditation.....free
5:45 - 7:15 pm.....Basics Technique.....Tom Gillette
7:30- 9:00pm.....Level 2:advancedJessie Eisendrath

Friday

7:00 - 8 amRise and Shine.....Julie Cloutier
10:00 - 11:30 am.....Vinyaasa FlowTom Gillette
5:15 - 6:45 pm.....Vinyaasa FlowPatricia Hottel
7:00 - 8:30 pm.....Basics FlowJenn Thomas

Saturday

8:15 - 9:30 am.....Rise and Shine.....Bobby Ducharme
10:00 - 11:30 am.....Basics Flow.....Tom Gillette
3:00 - 5:00 pm.....Vinyaasa FlowTom Gillette

Sunday

7:15 - 8:30am.....Rise and Shine..... Jennifer Spaziano
9:00 - 10:45 am.....Vinyaasa FlowShannah Green
4:30 - 6:00 pm.....Vinyaasa FlowDavid Beretta

Always check website for latest schedule, possible teacher substituions.

innerhappiness.com

Introducing “Rise and Shine classes”

All Levels welcome. Shorter, low cost early am classes. (\$12 online drop in. \$13 at the door. Online \$9.90 per class with 10 class package.)