

The Yoga Connection LLC

Grantham Greenway
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Grantham, NH 03753

www.yogaconnection.us

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Mailing Address

PO Box 76

Grantham, NH 03753

603-863-1798

CLASS SCHEDULE, SPRING #1 SESSION MARCH 4 TO APRIL 26, 2019

MONDAY

10–11:30 am	Level 1	\$112	Janice
4-5:30pm	Continuing	\$84 (no class 4/15 & 4/22)	Nancy
6:30-8 pm	Level 1	\$98 (no class 3/4)	Rick

TUESDAY

9–10:30 am	Continuing	\$112	Janice
5:45–6:45 pm	Gentle	\$112	Janice
7–8:30 pm	Level 2-3	\$112	Janice

WEDNESDAY

6-7:30pm	Level 1	\$98 (no class 4/24)	Sondra
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THURSDAY

9–10:30 am	Level 1	\$112	Janice
10:45–11:45 am	Gentle	\$112	Janice

FRIDAY

9–10:30 am	Level 2-3	\$112	Janice
5:00–5:45 pm	Meditation		FREE

CLASS DESCRIPTIONS

Gentle For those with injuries, chronic illnesses or who want a more gentle practice.

Level 1 Beginners

Continuing For those who have a foundation in the standing poses and want to practice standing poses, inversions, backbends and forward bends.

Level 2-3 For those who practice regularly all the above poses.

Meditation For those who want to sit in silence with others.

Drop-in fees are \$17.

To Register: Download the Registration/ Waiver Form www.yogaconnection.us and mail it with check payable to The Yoga Connection LLC, PO Box 76, Grantham, NH 03753 to ensure a space in the class.