



## Yoga Schedule

### Monday

6:00 a.m. - 7:15 a.m.	Ayur-Yoga with Meditation	Donation	William
9:30 a.m. - 10:45 a.m.	Hatha Yoga	\$15/pass	Neve
6:00 p.m. - 7:15 p.m.	Yin Yoga	\$15/pass	Christal

### Tuesday

9:30 a.m. - 11:30 a.m.	Yoga (All levels)	\$15/pass	Christal
12:00 p.m. - 1:15 p.m.	Ayur-Yoga with Meditation	Donation	Maury
6:00 p.m. - 7:15 p.m.	Yoga Foundations 1	\$20/pass	Neve
7:30 p.m. - 8:45 p.m.	Restorative Yoga	\$15/pass	Neve

### Wednesday

6:00 a.m. - 7:15 a.m.	Ayur-Yoga with Meditation	Donation	Maury
5:30 p.m. - 7:00 p.m.	Hatha/Yin Yoga	\$15/pass	Aruna
7:30 p.m. - 9:00 p.m.	Y12SR	Donation	Lori

### Thursday

12:00 p.m. - 1:00 p.m.	Yoga (All levels)	\$15/pass	Christal
6:00 p.m. - 7:15 p.m.	Yoga Foundations 2	\$20/pass	Neve
7:30 p.m. - 9:00 p.m.	Ayur-Yoga with Meditation	Donation	Neve

### Friday

6:00 a.m. - 7:15 a.m.	Ayur-Yoga with Meditation	Donation	Maury
12:00 p.m. - 1:00 p.m.	Yoga Flow	\$15/pass	Neve
4:30 p.m. - 6:00 p.m.	Hatha Yoga	\$15/pass	Aruna
6:30 p.m. - 8:00 p.m.	Hatha Yoga	\$15/pass	Neve

### Saturday

9:30 a.m. - 11:30 a.m.	Ayur-Yoga with Meditation	Donation	Dilip/other
12:00 p.m. - 1:15 p.m.	Foundations 1	\$20/pass	Neve

### Sunday

8:00 a.m. - 9:30 a.m.	Community Practice (All levels)	Donation	Community
10:30 a.m. - 11:45 p.m.	Bhakti Yoga	Donation	Neve

Passes available: \$120 for 10 classes; \$200 for 20 classes  
 \$192 for Foundations 12 class series  
 \$45 Trial month; \$25 Trial week (unlimited classes for new members only)

Discount Rate: \$13 for Military, Seniors, Students. Portsmouth Residents

Donation classes: Suggested is \$10-20. We could not offer these classes without your ongoing generosity. No one is turned away due to lack of funds.

***Check online for class changes, additions or cancellations.***