

Weekly Schedule

Monday

6:00 a.m. - 7:15 a.m.	Ayur-Yoga with Meditation	Donation*	Maury
9:30 a.m. - 10:45 a.m.	Hatha Yoga	\$15/pass	Neve
7:30 p.m. - 8:45 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.	Pre-natal 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
7:45 p.m. - 8:45 p.m.	Belly Dancing (bi-monthly)	Donation*	Mayura (begins 4/6)

Friday

6:00 a.m. - 7:15 a.m.	Ayur-Yoga with Meditation	Donation*	Maury
4:30 p.m. - 6:00 p.m.	Hatha Yoga	\$15/pass	Aruna
6:30 p.m. - 8:00 p.m.	Restorative Yoga	\$15/pass	Neve
	Conscious Social Dance - 3 rd Fridays	\$10 donation	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
2:00 p.m. - 4:00 p.m.	Dance, Drum, Meditation	\$10 donation	Charisse/Myles
4:30 p.m. - 5:30 p.m.	Kids Yoga - Monthly (6 and up)	\$5/class	Neve (begins 4/15)

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
6:00 p.m. - 7:00 p.m.	Course in Miracle Study Group	Donation*	Varies
7:30 p.m. - 8:45 p.m.	West African Drumming	\$10 donation	Bill

Passes: \$120 for 10 classes; \$200 for 20 classes
(for yoga only) \$192 for Foundations 12 class series
 \$45 Trial month; \$25 Trial week (unlimited classes for new members only and does not include donation classes)

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

***Donation Classes:** Recommended donation is \$15+ but no one is turned away due to lack of funds. Your generosity is appreciated as your donations support the operations of the center.

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CHECK WEBSITE CALENDAR DAY OF CLASS FOR CHANGES OR CANCELLATIONS