



**Feb–March  
2010**

Yoga Classes  
in the  
Marble Works,  
Middlebury

Day	Time	Level	Teacher
Monday	12–1 <sup>15</sup> pm	Gentle	Sansea
	5 <sup>30</sup> –6 <sup>45</sup> pm	Yoga for Anxiety*	Mary Claire
Tuesday	9–10 <sup>15</sup> am	Seniors	Joanna
	12–1 pm	Level 1-3	Joanna
	6–7 <sup>30</sup> pm	Level 1-3	Joanna
Wednesday	9–10 <sup>30</sup> am	Yin	Sansea
	12–1 pm	Level 2-3	Galen
	6–7 <sup>30</sup> pm	Level 2-3	Russell
Thursday	9–10 <sup>15</sup> am	Seniors	Joanna
	12–1 pm	Level 1	Joanna
Friday	5 <sup>30</sup> –7 pm	Yin	Sansea
Saturday	9–10 <sup>30</sup> am	Level 2-3	Joanna
	10 <sup>45</sup> –12 noon	Level 1	Joanna

\* Pre-registration is required for this class.  
Questions? Call 349-7095.

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Meditation Class will begin in Mid-March.  
Call 388-0236 for info.

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Questions?  
call 388 1961, or write  
joanna@ottercreekyoga.com

[www.ottercreekyoga.com](http://www.ottercreekyoga.com)

*My Body is my Home  
and the Door to my Soul*