



**Summer
2010**

Yoga Classes
in the
Marble Works,
Middlebury

| Day | Time | Level | Teacher |
|-----------|-------------------------------------|-----------|---------|
| Monday | 5 ³⁰ -6 ³⁰ pm | Nia | Linda |
| Tuesday | 9-10 ¹⁵ am | Seniors | Joanna |
| | 12-1 pm | Level 1-3 | Joanna |
| | 6-7 ³⁰ pm | Level 1-3 | Joanna |
| Wednesday | 9-10 ³⁰ am | Yin | Sansea |
| | 12-1 pm | Level 1-3 | Galen |
| | 6-7 ³⁰ pm | Level 1-3 | Russell |
| Thursday | 9-10 ¹⁵ am | Seniors | Joanna |
| | 12-1 pm | Level 1 | Joanna |
| Friday | 5 ³⁰ -7 pm | Yin | Sansea |
| Saturday | 9-10 ³⁰ am | Level 2-3 | Joanna |
| | 10 ⁴⁵ -12 noon | Level 1 | Joanna |

Free Yoga and Meditation
on the first Sunday of every month.

4-6 PM

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

www.ottercreekyoga.com

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