



# Winter 2012



Yoga Classes  
in the  
Marble Works,  
Middlebury

OTTER  
CREEK  
YOGA

Day	Time	Level	Teacher
Monday	6 <sup>30</sup> -7 <sup>30</sup> am	Level 1-3	Brian
	3 <sup>30</sup> -5 pm	Level 1	Annie
	5 <sup>30</sup> -6 <sup>30</sup> pm	Nia	Linda
Tuesday	9-10 <sup>15</sup> am	Ageless	Joanna
	12-1 pm	Level 1-3	Joanna
	6-7 <sup>30</sup> pm	Level 2	Joanna
Wednesday	9-10 <sup>30</sup> am	Yin	Sansea
	noon-1 pm	Level 1-3	Brian
	6-7 <sup>30</sup> pm	Level 1-3	Russell
Thursday	9-10 <sup>15</sup> am	Ageless	Joanna
	12-1 pm	Level 1	Joanna
	4 <sup>30</sup> -5 <sup>30</sup> pm*	Yoga for Anxiety	Mary Claire
	6-7 <sup>30</sup> pm	Level 1-2	Joanna
Friday	9-10 <sup>30</sup> am	Level 1-3	Annie
	5 <sup>30</sup> -7 pm	Yin	Sansea
Saturday	10 <sup>45</sup> -12 noon	Level 1-2	Joanna
	12 <sup>30</sup> -2 pm	Level 1	Sansea/Annie
Sunday	9-10 <sup>30</sup> am	Level 1-3	Olga

\* Pre-registration required for Yoga for Anxiety.  
Call Mary Claire at 349 7095.

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*