

YOGA SCHEDULE

YOGA DIRECTOR: Mary-Laurence Bevington
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 - 8:00 AM YOGA BASICS Jon H.		7:30 - 8:30 AM VINYASA YOGA 1-2 Diane F.		10:00 - 11:15 AM MOVEMENT LAB (1st Friday see details below) Rotating Instructors	
					10:00 - 11:30 AM VINYASA YOGA (All Levels - SLOW FLOW) Dan M.
12:00 - 1:00 PM ALIGNMENT YOGA 1-2 Dan M.		12:00 - 1:00 PM VINYASA YOGA (All Levels) Kelly R.		12:00 - 1:00 PM VINYASA YOGA 2 Jason B.	
4:00 - 5:30 PM ADVANCED YOGA Michelle A.				4:00 - 5:00 PM YIN YOGA (All Levels) Mary Laurence B.	
	5:00 - 6:00 PM YOGA BASICS Tammy S.		6:15 - 7:30 PM VINYASA YOGA 1-2 Laura Y.		12:30 - 1:45 PM VINYASA YOGA (All Levels) Laura F.
	6:15 - 7:45 PM ALIGNMENT YOGA (all levels) Yuki T.	6:15 - 7:30 PM ACRO YOGA 1-2 Yuki T.	7:35 - 8:45 PM ANUSARA YOGA (all levels) Patrick M.		
7:15 - 8:30 PM VINYASA YOGA (all levels) Diane F.					4:00 - 5:00 PM GENTLE YOGA (All Levels) Kelly R.
					Sunday

Keep up with everything at WWW.MOVEMENTBOULDER.COM

**FIRST FRIDAY
MOVEMENT LABS**
for Teachers +
Curious Practitioners
COME JOIN US!
\$5 for Members
\$15 for Non-Members
(includes day pass)
no registration
req'd

DECEMBER LAB:
FRI, Dec 2nd
Intro to Om Gym
taught by
Rainbow
Michael

For details on Workshops and Labs, email yoga@movementboulder.com, check the website, or ask the front desk (303.443.1505)!