**YOGA FROM THE HEART**

Class Schedule

52 Canal St. Laconia, NH 03246

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

Yoga for Core Strength with Rosemary – 8:00-9:00AM

Gentle Yoga with Rosemary – 9:30 – 10:30AM

Passage to Discovery with Sheryl – 5:30PM-6:45PM

**MONDAYS**



All Levels Flow with Catrina - 6:00AM-7:00AM

Yoga for Every Body - 9:20AM-10:20AM (Pre-reg required for this class)

Gentle Yoga - 11:00AM-12:00PM

All Levels Flow with Patty – 4:00 – 5:00PM – Held at 54 Canal Street Studio

Gentle Restorative Yoga with Susie – 5:15 – 6:15PM

Yoga Basics with Denise – 6:30- 7:30PM – Held at 54 Canal Street Studio

Yoga Basics with Susie Godbout – 5:15-6:15 PM



**TUESDAY**

**WEDNESDAY**

Sivananda Yoga with Russ – 5:30 – 6:30AM

Yoga with Cindy 7AM – 8AM

All Levels Flow with Cindy – 9:30 – 10:30AM

Yoga for Core Strength with Rosemary – 4:15 – 5:15PM

All Levels Yoga with Catrina Gray 6:00PM-7:00PM

Yoga for Breast/Gyno Cancer Survivors and Patients- 5:00PM-6:30PM Third Wednesday of the month (Held at 54 Canal Street Studio).

Y12SR – The Yoga of 12 Step Recovery with Dale – 7:30 – 9:00PM



**THURSDAY**

Meridian Stretching with Heidi – 7:00AM -8:00AM

Empowerment Yoga with Leslie – 10:00 – 11:15AM

Expand Your Basics with Susie – 4:30PM – 5:30 PM

Yin Yoga with Sheryl – 6:00PM-7:15PM



Thai Chi with Russ – 5:30AM-6:30AM

Yin Yoga with Sheryl – 8:00AM-9:15AM

All Levels Yoga with the Singing Bowls with Christina - 10:00AM-11:00AM

Yoga for your Soul with Denise (All Levels) - 6:00PM-7:00PM

**FRIDAY**

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All Levels Flow with Susie - 8:00AM-9:15AM

Nothing But Flow with Sara – 11:00AM – 12:00PM

**SATURDAY**



All Levels Flow with Sheryl – 8:30 – 9:45AM

All Levels Flow with Sara – 10:15 – 11:15AM

Deep Relaxation and meditation with Sheryl – 5:00 – 6:15PM



**SUNDAY**