

# YOGA FROM THE HEART

## Class Schedule

52 Canal St. Laconia, NH 03246

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

### **MONDAYS**

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



### **TUESDAY**

All Levels Flow with Catrina - 6:00AM-7:00AM  
Yoga for Every Body - 9:20AM-10:20AM (Pre-reg required for this class)  
Yoga with Sherry Gardner - 11:00AM-12:00PM  
Gentle Restorative Yoga with Denise – 5:00 – 6:00PM  
Yoga R4 – 6:30- 7:30PM



### **WEDNESDAY**

Yoga with Cindy 7AM – 8AM  
All Levels Flow with Cindy – 9:30 – 10:30AM  
All Levels Yoga with Susie 6:00PM-7:00PM



### **THURSDAY**

Suns with Susie – 6:00-7:00AM  
Expand Your Basics with Sheryl – 4:30PM – 5:30 PM  
Yin Yoga with Sheryl – 6:00PM-7:15PM



### **FRIDAY**

Yin Yoga with Sheryl – 8:00AM-9:15AM  
Your Yoga with Sheryl - 10:00AM-11:15AM



### **SATURDAY**

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



### **SUNDAY**

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

