

YOGA FROM THE HEART

Class Schedule

52 Canal St. Laconia, NH 03246

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
1 Hour Meditation – 8:00 – 9:00AM – Donation class 100% of donations will go to area shelters and charities
Empowerment Yoga with Leslie – 10:00 – 11:15AM
Expand Your Basics with Sheryl – 4:30PM – 5:30 PM
Yin Yoga with Sheryl – 6:00PM-7:15PM



FRIDAY

Sivanda Yoga with Russ – 5:30AM-6:30AM
Yin Yoga with Sheryl – 8:00AM-9:15AM
All Levels Yoga with Jade- 10:00AM-11:00AM
Simply Savasana with Denise or Susie – 6:00 – 7:00PM



SATURDAY

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



SUNDAY

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

