

# chace mill

ON THE WINOOSKI RIVER

## M

9:30-11	Post Natal - Rachel
12-1:30	Ashtanga - Scott
12-1:30	Kripalu - Katie
5:40-7:10	Ashtanga- Kathy
5:40-7:10	Kripalu - Emily
7:30-9	Vinyasa - Jessica

## T

10-11:30	Seniors - Jane
12-1:30	Kripalu - Jane
5:40-7:10	Ashtanga - Scott
7:30-9	Ashtanga - Angela

## W

12-1:30	Jivamukti - Keri
5:40-7:10	Ashtanga - Kathy
5:40-7:10	Pre-Natal - Rachel
7:30-8:30	Ashtanga Beginner - Scott

## T

12-1:30	Kripalu - Emily
5:40-7:10	Ashtanga - Scott
5:40-7:10	Jivamukti - Sofi
7:30-9	Ashtanga - Shannon

## F

12-1:30	Jivamukti - Sofi
5:40-7:10	Ashtanga - Kathy

## S

10-11:30	Yoga Caliente - David
12-1:30	Ashtanga - Scott

## S

8:30-10	Vinyasa - Amy
10:30-12	Pre-Natal - Cricket
4-5:30	Jivamukti - Sofi
5:40-7:10	Ashtanga - Scott
* 7-9	Monthly Restorative with Emily 9/30,10/21,11/18,12/9 (\$20)

# downtown

113 CHURCH STREET

## all classes vinyasa

## M

12:30-1:30	Kathy
6-7:30	Sugar

## T

12:30-1:30	Serena
6-7:30	Larry

## W

8:45-10	Erica
12:30-1:30	Sofi
6-7:30	Michele

## T

12:30-1:30	Sara
6-7:30	Katrina

## F

12:30-1:30	Kathy
6-7:30	Keri

## S

10-11:30	Sara
12:30-1:30	Sara

## S

10-11:30	Scott
12:30-1:30	Sara
6-7:30	Keri

Info...

Drop-ins welcome.

\$14 Single Class

\$110 Ten Class Card

\$120 Month Pass

Please bring your own yoga mat.

\$1 mat rental downtown.

Daily updates at [yogavermont.typepad.com](http://yogavermont.typepad.com)

sept 10 - jan 14

fall 2007

YOGA VERMONT

802.660.9718

YOGAVERMONT.COM