



Summer Session

June 27 - August 28, 2022

New to the studio?

Try any 3 classes for only \$33

Join us at any point during the Summer Session.

Registration fees are prorated each week.

Enjoy unlimited access to our video library.

Students registered for 2+ classes a week have access to hundreds of recorded classes.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Yoga Level 1 9:00-10:00 am (Debbie)</p> <p>Yoga Level 1-2 9:00-10:00 am (Krista)</p> <p>Functional Flow Level 2 10:15-11:30 am (Alicia) <i>In-person only</i></p> <p>V Gentle Yoga 10:30-11:30 am (Anne T.)</p> <p>Super Gentle Yoga 10:30-11:30 am (Debbie)</p> <p>Yoga Level 1 12:00-1:00 pm (Linda)</p> <p>V Yoga Level 1-2 6:15-7:15 pm (Eduardo)</p> <p>O Mindfulness Meditation* 7:00-8:00 pm (OHMC)</p> <p>Yoga Level 1 7:15-8:15 pm (Linda)</p>	<p>Yoga Level 1 9:00-10:00 am (Bonnie)</p> <p>V Yoga and Functional Movement 9:30-10:30 am (Philip)</p> <p><i>Workshop Series</i> Baby & Me Yoga 10:00-11:00 am (Elizabeth) Jun 14-Jul 19</p> <p>V Gentle Yoga 10:00-11:15 am (Mercedes)</p> <p>Gentle Yoga 5:00-6:00 pm (Alex)</p> <p>Stretch, Strengthen and Align 6:15-7:15 pm (Alex)</p> <p>Flow Level 1-2 6:30-7:30 pm (Wendy)</p>	<p>O Mindfulness Meditation* 7:00-8:00 am (OHMC)</p> <p>Yoga Level 1 9:00-10:00 am (Rachel)</p> <p>Yoga Level 1-2 9:00-10:15 am (Leyla)</p> <p>V Intermediate Pilates 10:15-11:15 am (Jessica)</p> <p>Flow Level 2 10:30-11:30 am (Rachel)</p> <p>Gentle Yoga 10:30-11:30 am (Leyla)</p> <p><i>Workshop Series</i> Relaxation and Yoga for Teens Ages 12-18 5:00-6:00 pm (Cinema) July 6 - July 27 <i>In-person only</i></p> <p>Yin Yoga 6:30-7:30 pm (Yael)</p> <p>Yoga Level 1 7:00-8:00 pm (Linda)</p>	<p>V Yoga and Functional Movement 7:30-8:30 am (Phil)</p> <p>Intermediate Pilates 9:00-10:00 am (Julie)</p> <p>Yoga Level 1-2 9:30-10:45 am (Kellie)</p> <p>Yoga Level 1 10:30-11:45 am (Linda)</p> <p>Gentle Yoga 11:00 am-12:00 pm (Gretchen)</p> <p>V Yin Yoga 12:00-1:00 pm (Rob)</p> <p>V Gentle Yoga Community Class 5:00-6:00 pm (Camille) \$5+ donation</p> <p>Prenatal and Postnatal Yoga 6:30-7:30 pm (Stephanie)</p> <p><i>Workshop Series</i> Restorative Yoga Series 7:00-8:15 pm (Eloise) Jun 16 - Jul 21 <i>In-person only</i></p> <p>V Yoga Nidra 7:30-8:30 pm (Gretchen)</p>	<p>Yoga Level 1-2 7:30-8:30 am (Rachel)</p> <p>Strength and Conditioning 9:00-10:00 am (Krista)</p> <p>Yoga Level 1 9:00-10:00 am (Alex)</p> <p>Yoga Level 1-2 10:15-11:15 am (Krista)</p> <p>Flow Level 2 10:30-11:30 am (Alice)</p> <p>O Mindfulness Meditation* 12:00-1:00 pm (OHMC)</p> <p><i>New!</i> Yoga for a Healthy Back 1:00-2:00pm (Kathy)</p> <p>V Heart and Mind Meditation 5:00-6:00 pm (Cinema)</p>	<p>Flow Level 2 9:00-10:15 am (Wendy)</p> <p>V Yoga level 1 9:00-10:15 am (Mercedes)</p> <p>Yoga Level 1-2 10:30-11:45 am (Anjali)</p> <p>Supportive Yoga for Larger Bodies 12:00-1:00 pm (Michelle)</p>	<p>Basic Pilates 9:00-10:00 am (Julie)</p> <p>V Yoga Level 1 9:15-10:15 am (Linda)</p> <p><i>New!</i> Wake Up Yin 9:30-10:30 am (Matthew)</p> <p>V Yoga Level 2 10:00-11:00 am (Rob)</p> <p>Prenatal and Postnatal Yoga 10:30-11:45 am (Stephanie)</p> <p>V Yoga for a Healthy Back 5:30-6:30 pm (Bonnie)</p>

Most classes are **hybrid**, offered both in-studio and via Zoom. Classes marked with a **V** are virtual-only. Those marked with an **O** are offered through Opening Heart Mindfulness Community—visit www.openingheartmindfulness.org.