



# Fall Session B

October 28 - December 22, 2024

Join us at any point during Fall Session B.  
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.

See the most up-to-date schedule at [circleyoga.com](http://circleyoga.com)

## Monday

- Qigong**  
8:30-9:30 am  
(Leyla)
- Yoga Level 1-2**  
8:45-9:45 am  
(Krista)
- Yoga Level 1**  
9:00-10:00 am  
(Debbie)
- Yoga for Balance and Stability**  
10:15-11:15 am  
(Anna)
- Flow Level 2**  
10:30-11:30 am  
(Stephanie P.)
- Pilates Total Fitness**  
11:30 am-12:30 pm  
(Anna)
- Yoga Level 1**  
12:00-1:00 pm  
(Linda)
- Gentle and Accessible Yoga**  
4:00-5:00 pm  
(Angelique)
- Flow Level 2**  
6:30-7:30 pm  
(Jen)
- Yoga Level 1**  
7:00-8:00 pm  
(Linda)
- Mindfulness Meditation**  
7:00-8:30 pm  
(OHMC)

## Tuesday

- Yoga and Functional Movement**  
9:30-10:30 am  
(Phil)
- Flow Level 2**  
10:00-11:00 am  
(Alice)
- Gentle Yoga**  
10:00-11:15 am  
(Mercedes)
- Yoga Level 1-2**  
10:30-11:45 am  
(Anne)
- Strength and Conditioning**  
12:00-1:00 pm  
(Krista)
- Gentle Yoga**  
5:00-6:00 pm  
(Alex)
- Prenatal Yoga**  
6:00-7:00 pm  
(Tamar)
- Stretch, Strengthen and Align**  
6:15-7:15 pm  
(Alex)
- Flow Level 1-2**  
7:00-8:00 pm  
(Stephanie M.)

## Wednesday

- Mindfulness Meditation**  
7:00-8:00 am  
(OHMC)
- Flow Level 2**  
7:30-8:30 am  
(Elina)
- Yoga Level 1**  
8:30-9:30 am  
(Rachel)
- Yoga Level 1-2**  
9:00-10:15 am  
(Leyla)
- Flow Level 2**  
10:00-11:00 am  
(Rachel)
- Gentle Yoga**  
10:30-11:30 am  
(Leyla)
- Pre-Teen Yoga and Mindfulness (Ages 8-12)**  
5:00-5:45 pm  
(Linda)
- Yin Yoga**  
6:00-7:00 pm  
(Yael)
- Yoga Level 1**  
7:00-8:00 pm  
(Linda)

## Thursday

- Yoga and Functional Movement**  
7:30-8:30 am  
(Phil)
- Pilates Level 1-2**  
9:00-10:00 am  
(Julie)
- New! Gentle Yoga Flow**  
9:30-10:30 am  
(Phil)
- Yoga Level 1**  
10:30-11:30 am  
(Linda)
- Yin Yoga**  
11:30 am-12:30 pm  
(Rob)
- Yoga for Balance and Stability**  
12:00-1:00 pm  
(Delores/Eileen)
- Yoga Level 1-2**  
12:00-1:00 pm  
(Wendy)
- Strength and Conditioning**  
5:30-6:30 pm  
(Bretton)
- Yoga Level 1-2**  
6:00-7:00 pm  
(Sumana)
- Prenatal Yoga**  
6:30-7:30 pm  
(Stephanie P.)
- Flow Level 2**  
7:00-8:00 pm  
(Rebecca)

## Friday

- Yoga Level 1-2**  
7:30-8:30 am  
(Rachel)
- Strength and Conditioning**  
8:45-9:45 am  
(Krista)
- Yoga Level 1**  
9:00-10:00 am  
(Alex)
- Flow Level 2**  
10:15-11:30 am  
(Alice)
- Gentle Yoga with Weights**  
10:30-11:30 am  
(Alex)
- Baby and Me Yoga**  
12:00-1:00 pm  
(Elizabeth)
- Mindfulness Meditation**  
12:00-1:00 pm  
(OHMC)
- Free Community Class**  
4:30-5:15 pm  
(CYTT Grads)
- Kids Yoga and Mindfulness (ages 5-10)**  
4:30-5:15 pm  
(Linda)
- Restorative Yoga with Sound Bowls**  
6:00-7:00 pm  
(Eloise)

## Saturday

- Yoga Level 1-2**  
8:30-9:45 am  
(Anjali)
- Yoga Level 1**  
9:00-10:00 am  
(Eileen)
- Yoga Level 1**  
9:00-10:15 am  
(Mercedes)
- Family Yoga (Ages 5-10)**  
10:15-11:00 am  
(Jeanne)
- Flow Level 2**  
10:30-11:45 am  
(Wendy)
- Supportive Yoga for Larger Bodies**  
11:00 am-12:00 pm  
(Michelle)
- Family Yoga (Ages 2-4)**  
11:15 am-12:00 pm  
(Jeanne)

## Sunday

- Pilates Level 1**  
9:00-10:00 am  
(Julie)
- Yoga Level 1**  
9:15-10:15 am  
(Angelique)
- Prenatal Yoga**  
10:15-11:15 am  
(Stephanie P.)
- Flow Level 2**  
10:30-11:45 am  
(Rebecca)
- Yin Yoga**  
10:30-11:30 am  
(Angelique)
- Yoga Level 1-2**  
11:00 am-12:00 pm  
(Rob)
- Gentle Yoga**  
11:30 am-12:30 pm  
(Camille)
- Yoga for a Healthy Back**  
5:00-6:00 pm  
(Bonnie)
- Pilates Total Fitness**  
5:15-6:15 pm  
(Anna)
- Sunday Slowdown**  
6:00-7:15 pm  
(Matthew)

Most classes are hybrid, offered both in-studio and via Zoom. Classes marked with an IP are in-person only. Classes marked with a V are virtual-only. Those marked with an O are offered through Opening Heart Mindfulness Community. Check the calendar at [www.openingheartmindfulness.org](http://www.openingheartmindfulness.org) for in-person vs. virtual sangha dates.