

Śānti Yoga & Wellness of West Boxford

10 Hovey's Pond Drive, West Boxford, MA (978) 352-8787

Summer 2009 Class Schedule, revised

Special Summer Offer:

90 days, unlimited yoga classes, \$165

Student rate, \$125

(High school, College or Graduate school, with ID)

~Valid if begin by June 24th ~

~Studio will close at Noon on August 10th for summer vacation and maintenance, and re-open 8 am August 18th ~

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
7:30 am	Śānti Sangha Morning Meditation Drop-in ~by donation~ with Chris Warner, 30 minutes				Śānti Sangha Morning Meditation Drop-in ~by donation~ with Chris Warner, 45 minutes		
8 am	Mindful Flow Insight Yoga and Meditation with Chris Warner		8:30 am Yoga On-the-Lawn All Levels, Chris Warner \$5 <small>*In case of inclement weather, or unfavorable temperatures, class to be held in yoga studio</small>				
9 am		Basic Hatha Gentle/Moderate with Chris Warner		Dynamic Flow Moderate with Christina Dubin		*CrisMix!* Moderate/Deliberate Ashtanga Yoga-mix with focus on core strengthening and toning with Chris Warner	Yoga On-the-Lawn All Levels, Chris Warner \$5 <small>*In case of inclement weather, or unfavorable temperatures, class to be held in yoga studio</small>
10 am			Yin Yoga with Chris Warner		Mindful Flow with Chris Warner		
Evening Classes							
4 pm	NEW DAY: Teen Yoga <small>Though 6/28. No class on 6/14</small>	Children's Yoga <small>Through June 29th</small>					
7 pm			"Open to Grace" <small>The principles of Anusara and Kripalu Yoga: Heart-opening alignment and self-inquiry, accessing strength within the postures from the inside out. 6 week special series, included in class packages 5/26 to 6/30 with Christina Dubin</small>	Basics of Power Yoga Moderate with Rachael Lappen			
7:30 pm		Mindful Flow with Chris Warner			Yin Yoga with Chris Warner		

www.santiyoga.org

Off the Beaten Track—Steadfast on the Yogic Path