

Śānti Yoga & Wellness of West Boxford

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

www.santiyoga.org

Summer Class Schedule

Through July 31st

*Please note time changes/new classes for summer. All classes are 75 minutes, unless otherwise noted.
Some prior experience or degree of/desire for physical fitness suggested for Warm/Vigorous classes

For up-to-the-minute class changes or cancellations, yoga/meditation tips, and more,
click 'Latest Studio Updates' on our homepage

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Classes							
7:30 am	Community Meditation <i>45 minutes for summer By-donation of \$5 (or more) Does not meet 1st Sunday of month</i>	No Monday morning classes for Summer					
8:30 am	Community Yoga Class <i>60 minutes By-donation of \$5 (or more) Does not meet 1st Sunday of month</i>						Yoga-on-the-Lawn! <i>All Levels Please bring your own yoga mat for this class Jennifer Loher/Chris Warner In case of unfavorable weather, class will be held in the studio</i>
9 am			Yin & Yang <i>All Levels Chris Warner</i>	Morning Flow <i>Moderate to Vigorous Chris Warner</i>	Hatha Basics <i>Chris Warner</i>	Ashtanga <i>Intro. to the Primary Series Warm/Vigorous Mary Taggart</i>	
Evening Classes							
5:30 pm				Evening Mix <i>Form, Flow, Core & Restore! All Levels Chris Warner/Josh Anchors</i>			
7 pm					Yin/Yang Flow <i>All Levels Chris Warner</i>		
7:30 pm		Ashtanga/ Core Focus Mix <i>Warm/Vigorous Chris Warner/Josh Anchors</i>	Candlelight Restore & Renew <i>All Levels Suzanne Borgioli</i>				

**Community classes are offered, by-donation, minimum of \$5, in order to afford students the opportunity to practice at a greatly reduced rate, as well as to be of benefit to the community, through our non-profit organization, the Practice for a Cure Foundation (501c3, in-process). For more information, or to join our efforts (including funding cancer research at Dana Farber, offering Mindfulness-based meditation and yoga instruction and support to health-care providers and to patients in treatment for cancer, and implementing Mindfulness-based programs in schools), please visit:*

www.practiceforcure.org

One Pose at a Time. One Breath at a Time.

For the Benefit of All Beings.