

# Fall 2018



## Yoga Classes in the Marble Works, Middlebury

## OTTER CREEK YOGA

Day	Time	Level	Teacher
Monday	9-10 <sup>30</sup> am	Level 2-3	Chessy
	12-1 pm	Level 1-2	Chessy
	3 <sup>30</sup> -4 <sup>15</sup> pm	Kids (8-12)	Becca
	5 <sup>30</sup> -6 <sup>30</sup> pm	Nia	Linda
	6 <sup>45</sup> -8 pm	Level 1-2	Olga
Tuesday	9-10 <sup>15</sup> am	Ageless	Joanna
	12-1 <sup>15</sup> pm	Level 1-3	Joanna
	6-7 <sup>30</sup> pm	Level 2	Joanna
Wednesday	9-10 <sup>15</sup> am	Level 1-2	Jen*
	10 <sup>30</sup> -11 <sup>45</sup> am	Yin	Sansea
	12-1 <sup>15</sup> pm	Level 1	Jen*
	6-7 <sup>30</sup> pm	Level 2-3	Russell
Thursday	9-10 <sup>15</sup> am	Ageless	Joanna
	12-1 <sup>15</sup> pm	Level 1	Joanna
	4 <sup>30</sup> -5 <sup>45</sup> pm**	Ease Your Mind	Mary Claire
Friday	9-10 <sup>30</sup> am	Level 1-3	Jen*
	10 <sup>40</sup> -11 <sup>40</sup> am	Gentle	Joanna/Jen
	12-1 pm	Level 1-2	Chessy
Saturday	11 am-12 <sup>15</sup> pm	Level 1-2	Joanna
Sunday	9-10 <sup>30</sup> am	Level 1-2	Olga
	3-4 <sup>15</sup> pm	Pre/Postnatal	Kelly

\* Jen's classes are being taught by qualified Iyengar teachers until she returns from leave.

\*\* Please give Mary Claire a call at 349 7095 before attending your first session of Ease Your Mind (Yoga for Anxiety).

Otter Creek Yoga is located in the Marble Works, accessible by foot from Printer's Alley (next to the National Bank of Middlebury) or by car via Seymore St.

*My Body is my Home  
and the Door to my Soul*

www.ottercreekyoga.com – 388 1961