

# Fall 2019



Yoga Classes  
in the  
Marble Works,  
Middlebury

OTTER  
CREEK  
YOGA

Day	Time	Level	Teacher
Monday	9 <sup>30</sup> -10 <sup>45</sup> am	Level 2-3	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
Tuesday	9-10 <sup>15</sup> am	Ageless	Joanna
	12-1 <sup>15</sup> pm	Iyengar	Joanna
	6-7 <sup>30</sup> pm	Iyengar	Joanna
Wednesday	10 <sup>30</sup> -12 noon	Yin	Sansea
	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	Iyengar	Joanna
	4 <sup>30</sup> -5 <sup>45</sup> pm*	Self Care	Mary Claire
Friday	9-10 <sup>30</sup> am	Level 1-2	Olga
	10 <sup>40</sup> -11 <sup>40</sup> am	Gentle	Joanna/Olga
	12-1 pm	Level 1-2	Chessy
Saturday	11 am-12 <sup>15</sup> pm	Iyengar	Joanna
Sunday	9-10 <sup>30</sup> am	Level 1-2	Olga
	3-4 <sup>15</sup> pm**	Prenatal	Lisa

\* Please give Mary Claire a call at 349 7095 before attending your first session of Self Care Yoga.

Most insurance plans accepted for this class.

\*\*Six Week Prenatal series begins Sept. 22

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