

# Summer 2017



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
	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	Level 1-3	Joanna
	6-7 <sup>30</sup> pm	Level 2	Joanna
Wednesday	7 <sup>30</sup> -8 <sup>45</sup> am	Level 1-2	Jen
	9-10 <sup>30</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
	6-7 <sup>30</sup> pm	Yoga Basics	Joanna
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 1-3	Olga
	3-4 <sup>30</sup> pm*	Prenatal	Kelly

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

Joanna and Jen's classes are taught in the Iyengar method  
(specific alignment instructions and use of props)  
Check website to read class descriptions

[www.ottercreekyoga.com](http://www.ottercreekyoga.com) – 388 1961

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