

Summer 2019



Yoga Classes
in the
Marble Works,
Middlebury

OTTER
CREEK
YOGA

Day	Time	Level	Teacher
Monday	9 ³⁰ -10 ⁴⁵ am	Level 2-3	Chessy
	5 ³⁰ -6 ³⁰ pm	Nia	Linda
	6 ⁴⁵ -8 pm	Level 1-2	Olga
Tuesday	9-10 ¹⁵ am	Ageless	Joanna
	12-1 ¹⁵ pm	Level 1-3	Joanna
	6-7 ³⁰ pm	Level 2	Joanna
Wednesday	10 ³⁰ -12 noon	Yin	Sansea
	6-7 ³⁰ pm	Level 2-3	Russell
Thursday	9-10 ¹⁵ am	Ageless	Joanna
	12-1 ¹⁵ pm	Level 1	Joanna
	4 ³⁰ -5 ⁴⁵ pm*	Self Care	Mary Claire
Friday	9-10 ³⁰ am	Level 1-2	Olga
	10 ⁴⁰ -11 ⁴⁰ am	Gentle	Joanna/Olga
	12-1 pm	Level 1-2	Chessy
Saturday	11 am-12 ¹⁵ pm	Level 1-2	Joanna
Sunday	9-10 ³⁰ am	Level 1-2	Olga

Summer Pre- and Postnatal Classes (bring your baby!)

Sunday, June 2nd & 16th

Sunday, July 7th & 21st

Sunday, August 4th & 18th

1⁴⁵-2⁴⁵ pm Postnatal Lisa

3-4¹⁵ 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.

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