

# Winter 2016-17



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
	10 <sup>45</sup> -11 <sup>30</sup> am*	Little Yogis	Kelly
	12-1 pm	Level 1-2	Chessy
	3 <sup>15</sup> -4 pm*	Kids age 5-8	Kelly
	4 <sup>15</sup> -5 pm*	Kids age 8-12	Kelly
	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
	10 <sup>45</sup> -11 <sup>30</sup> am*	Kids age 3-5	Kelly
	12-1 <sup>15</sup> pm	Level 1-3	Jen
	3 <sup>30</sup> -4 <sup>30</sup> pm*	Teens	Kelly
	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

\* All kids and teens classes run in accordance with ACSU calendar. No school? No class!

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

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

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