

# Winter 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      |
|           | 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           | 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<br>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*