

Winter 2018



Yoga Classes
in the
Marble Works,
Middlebury

OTTER
CREEK
YOGA

Day	Time	Level	Teacher
Monday	9-10 ³⁰ am	Level 2-3	Chessy
	10 ⁴⁵ -11 ³⁰ am	Kids 3-5	Kelly
	12-1 pm	Level 1-2	Chessy
	3 ¹⁵ -4 pm	Kids 5-8	Kelly
	4 ¹⁵ -5 pm	Kids 8-12	Kelly
	5 ³⁰ -6 ³⁰ pm	Nia	Linda
	6 ⁴⁵ -8 pm	Level 1-2	Olga
Tuesday	9-10 ¹⁵ am	Ageless	Joanna
	10 ³⁰ -11 ³⁰ am	Level 1-3	Chessy
	12-1 ¹⁵ pm	Level 1-3	Joanna
	6-7 ³⁰ pm	Level 2	Joanna
Wednesday	9-10 ¹⁵ am	Level 1-2	Jen
	9-10 ³⁰ am	Yin	Sansea
	12-1 ¹⁵ pm	Level 1	Jen
	3 ³⁰ -4 ³⁰ pm	Teen Yoga	Kelly
	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*	Ease Your Mind	Mary Claire
	6-7 ³⁰ pm	Yoga Basics	Joanna
Friday	9-10 ³⁰ am	Level 1-3	Jen
	10 ⁴⁰ -11 ⁴⁰ am	Gentle	Joanna/Jen
	12-1 pm	Level 1-2	Chessy
Saturday	11 am-12 ¹⁵ pm	Level 1-2	Joanna
Sunday	9-10 ³⁰ am	Level 1-3	Olga
	3-4 ¹⁵ pm	Pre/Postnatal	Kelly

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

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

www.ottercreekyoga.com – 388 1961