

Winter 2019



Yoga Classes
in the
Marble Works,
Middlebury

OTTER
CREEK
YOGA

Day	Time	Level	Teacher
Monday	9-10 ³⁰ am	Level 2-3	Chessy
	12-1 pm	Level 1-2	Chessy
	3 ³⁰ -4 ¹⁵ pm	Kids (8-12)	Becca
	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	9-10 ¹⁵ am	Ageless	Marijke
	10 ³⁰ -11 ⁴⁵ am	Yin	Sansea
	12-1 pm	Chair Yoga	Marijke
	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
	3-4 ¹⁵ pm	Pre/Postnatal	Kelly

* 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