

# Listening Wellness Center

# Yoga Studio Schedule

CLASS SCHEDULE SUBJECT TO CHANGE. If you are a new student, please call the instructor to confirm.

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:30am EMBODYOGA w/Bev		8:00-9:30am EMBODYOGA w/ Bev		8:00-9:30am EMBODYOGA w/Bev NOTE TIME CHANGE	8:30-9:30am Yoga w/Tesha no class on February 23	
9:30-10:30am Senior Yoga w/Bev	9:00-10:00am Chair Yoga @ Barre Sr. Center w/Beverly \$5.00	9:30-10:30am Senior Yoga w/Bev	9:00-10:00am Chair Yoga @ Barre Sr. Center w/Beverly \$5.00	NEW CLASS 9:30-am-10:30am Senior Yoga w/Bev		10:00-11:30am Yoga w/Loren Magruder
						Sunday, March 3rd only 1:00-5:00 pm Initial Awakening Workshop with Stephanie Julian Sunday, March 3rd only
			3:40-5:45pm Irish Step Dance with Amy LaPointe		1:00-4:00pm Karate w/Brad	
	5:15-6:15pm Karate w/Brad	6:00-7:15pm Slow Flow Yoga w/Elizabeth	6:00-7:15pm Yoga w/Roberta	4:30-5:30pm Karate with Brad After School Program 5:45-6:45pm Karate w/Brad		Sunday, March 31st only 3:00pm-4:00pm Crystal Singing Bowl Meditation with Nina & Mike Vecchi must pre-register
7:30-8:30 pm Karate w/Brad	6:30-7:30pm Karate w/Brad	7:30pm-9:00pm Mindfulness Meditation w/Marlon	7:30pm-9:00 pm Yoga w/Loren Magruder 8 week series starts March 28th must pre-register			

Class and instructor details are on the back of this schedule.

978-355-3501 [www.listeningwellness.org](http://www.listeningwellness.org)

Please note some classes have specific dates listed and specific start dates. Thank you

**On days/evenings with inclement weather please check with the teacher or on facebook for the latest posting/updates about classes.**

Please note the Yoga Studio is a separate building located at 28 James Street. There is a parking lot that be reached from South St. & James St.