



Grounded by Yoga
Studios & Teacher Training Center

Canandaigua:
Billiards Square,
514 South Main St

Bloomfield:
Lotus Grove Building,
1 Wellness Way

MONDAYS	Class Name	Notes	Town
5:15-6:30p	Yin Yoga		B
6:15-7:30p	Yoga Moderate (returns late winter)	(returns late winter)	C
7:00-8:15p	Meditation: GentleBody/GentleMind (floor postures/meditation)		B
TUESDAYS			
9:30-10:45a	Yoga Gentle	Returns Jan 18	C
5:15-6:15p	Yoga Gentle-Moderate Mixed		B
6:30-7:45p	Yin Yoga		B
6:30-8:30p	Yin Yoga: 2 Hour "Silent Circle" (March 29)	Pre Reg Only	B
8:00-8:45p	Meditation: 5 Week Series (Next One is: Jan 25 - Feb 22)	Pre Reg recommended	B
WEDNESDAYS			
8:00-9:15a	Yoga Gentle-Moderate Mixed		C
9:30-10:45a	Yoga Gentle		B
6:00-7:15p	Yoga Moderate		C
5:30-6:45p	Yoga Gentle		B
7:00-8:15p	Yoga Moderate		B
THURSDAYS			
9:30-10:45a	Yoga Gentle-Moderate Mixed	On Hold Resumes soon!	C
4:30-5:45p	Yoga/Meditation: Relax into Peace (<i>very gentle</i>)		B
6:00-7:15p	Yoga Moderate		B
7:15 -8:30p	Yoga Mixed Level	Starts Jan 27	C
7:30-8:30p	Yoga For BEGINNERS (will fill - sign up early)	Starts Mar 3	B
FRIDAYS			
8:00-9:15a	YOGA for BEGINNERS Series - sign up	Starts Feb 25	B
8:00-9:15a	Yoga Mixed Level	Starts Early Spring	B
9:00-10:15a	Yoga Gentle w/Chair	Starts Jan 21	C
3:30-4:45p	Yoga Relax into Peace	Starts Jan 21	C
4:45-6:00p	Yoga Moderate		B
7:00-9:15p	Deeply Restorative Yoga (over 2 hours of pampered Bliss)	Jan 21	B
SATURDAYS			
7:45-9:00a	Yoga Seasoned Flow		C
8:30-9:45a	Yoga Gentle		B
10:00-11:00a	Zumba w/ Emily	Open level.	B
SUNDAYS			
9:00-10:15a	Yoga Moderate		B
10:30-11:45a	Yoga Gentle		C
4:00-5:15p	Relax into Peace		C
	YOGA GENTLE and MODERATE Class coming Sunday Afternoon AND Evening SOON		

B=East Bloomfield C=Canandaigua

HC= Home Comfort

GENTLE: No arm strength postures

MODERATE: Arm strength, intro to binds, inversions & prep for Inversions

SEASONED: Fluent in pranayama, alignment & bandha use

MIXED LEVEL classes offer options from gentle to moderate

***Note: at GBY your concerns/injuries always considered in any/all levels. Just let us know.**

NEW TO US?

\$45 (1 Month)

\$25 (3 Class / 4 Wks.)

Drop in \$16

(above are cash/check only)

RETURNING STUDENTS

\$89/month unlimited (12-mo.min)

(that's \$20/week all the classes you like!)

10 Classes for \$110 (3 months)

10 Classes for \$130 (12 months)

3 months unlimited for \$299

Outreach/Recovery \$3/\$19

OTHER OFFERINGS

Private Sessions

Spiritual Retreats

Offsite Programs

REFERRAL PROGRAM:

\$25 on account if you are current package holder & refer new student & they buy a 10 pack, 3 or 12 Month

EVERY. BODY. ALWAYS.

An inclusive studio. A classical and down to Earth approach.

A DROP IN STUDIO.

No need to pre-register for regular classes.

TEACHER TRAININGS.

200RYT **Info Session:** Jan 30

Restorative Yoga 25 CEU's

Yoga Assists 25 CEU's