



Canandaigua: Billiards Square, 514 South Main St	Bloomfield: Lotus Grove Building, 1 Wellness Way
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MONDAYS	Class Name CLASSES HIGHLIGHTED Are new classes since last Newsletter!	Notes	T o w n
5:15-6:30p	Yin Yoga		B
6:15-7:30p	Yoga with a Veteran Memorial Day Donation Class - Open Level	MEMORIAL DAY	C
6:15-7:30p	Yoga Moderate		C
7:00-8:15p	Meditation: GentleBody/GentleMind (floor postures/meditation)	RESUMES JULY 11	B
TUESDAYS			
9:30-10:45a	Yoga Mixed Level		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" (May 31)	Pre Reg Only	B
8:00-8:45p	Meditation: 5 Week Series	Starts April 19	B
WEDNESDAYS			
6:30 - 8:15a	Meditation: SILENT SITTING (donation/come anytime between 6:30-8:15. Sign up on Website)		B
8:00-9:15a	Yoga Gentle-Moderate Mixed	(Zoom & Studio)	C
9:30-10:45a	Yoga Gentle		B
6:00-7:15p	Yoga Moderate		C
5:15-6:30p	Yoga Gentle		B
6:45 - 8:00p	Yoga For BEGINNERS (sign up)	Starts June 1	B
6:45 - 8:00p	Yoga Class	Starts July 27	B
THURSDAYS			
9:30-10:45a	Yoga Mixed Level		B
11:00-12:00p	Pilates for BEGINNERS 6 week series or drop in	Starts June 2nd!	B
4:30-5:45p	Yoga/Meditation: Relax into Peace (<i>very gentle</i>)		B
6:00-7:15p	Yoga Moderate		B
6:00-8:15p	DEEPLY RESTORATIVE YOGA June 16th	Sign Up Early	C
7:30-8:30p	Yoga Mixed Level	Resumes in future	B
FRIDAYS			
9:00-10:15a	Yoga Gentle w/Chair for Support (not an all chair class)		C
11:00-12:15p	Yoga Mixed Level		B
3:30-4:45p	Yoga Relax into Peace		C
5:00-6:15pm	Yoga Mixed Level		C
SATURDAYS			
7:45-9:00a	Yoga Seasoned	(Zoom & Studio)	C
8:30-9:45a	Yoga Gentle		B
TBA	WORKSHOPS & PRIVATE EVENTS		B
SUNDAYS			
7:45-10:00a	Strong.Limber.Calm.Clear. (June 26 th and July 10 th)	See website for details	C
9:00-10:15a	Yoga Moderate		B
10:30-11:45a	Yoga Gentle		C
11:00-1:15p	DEEPLY RESTORATIVE YOGA May 22	Sign Up Early	B
4:00-5:15p	Relax into Peace		C
5:15-6:30p	Yoga in the Peace & Water Fall Garden (outside)	Starts June 5th Moves indoors if rains	B
5:15-6:30p	Yoga Moderate	Inside until June 5th	B
7:00-8:30p	Yoga with Vibrational Sound (open level)		B

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. Expanding on Moderate
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:** Call Us
Restorative Yoga 25 CEU's
Yoga Assists 25 CEU's

PEACE & WATERFALL GARDEN IS OUR OUTDOOR PRIVATE SPACE IN NATURE COMPLETE WITH WATERFALL! Located behind the studio in Bloomfield
You can Park out back if you like!