

**Canandaigua:**

Billiards Square,  
514 South Main St

**Bloomfield:**

Lotus Grove Building,  
1 Wellness Way

MONDAYS	Class Name	Notes	T o w n
5:15-6:30p	Yin Yoga		B
6:15-7:30p	Yoga Mixed Level	(Returns October 24th)	C
7:00-8:15p	<b>Meditation:</b> GentleBody/GentleMind (floor postures/meditation)		B
TUESDAYS			
9:30-10:45a	Yoga Mixed Level		C
5:15-6:15p	Relax in Peace	Starts Oct 4	B
5:30-6:30p	<b>BEGINNER YOGA SERIES Starts Oct 4</b>	Sign Up Early	C
6:30-7:45p	Yin Yoga		B
6:30-8:30p	Yin Yoga: <b>2 Hour "Silent Circle" (Nov 29)</b>	Pre Reg Only	B
8:00-8:45p	<b>Meditation:</b> 5 Week Series	Starts Nov 1 - Pre-Register	B
WEDNESDAYS			
6:30 - 8:15a	<b>Meditation: SILENT SITTING</b> (donation/come anytime between 6:30-8:15. Sign up on Website)	Ends Oct 26 due to plowing schedule. Returns March 1	B
8:00-9:15a	Yoga Mixed Level		C
9:30-10:45a	Yoga Gentle		B
11:00-12:00p	<b>BEGINNER YOGA SERIES Starts Sept 14</b>	Almost full!	B
5:15-6:30p	Yoga Moderate	Moves to 5:30 Oct 5 Yoga	B
5:30-6:30p	Yoga Moderate: <b>"Raising Your Vibration"</b>	Starts Oct 5	B
6:45 - 8:00p	Yoga Mixed Level		B
6:45 - 8:00p	<b>BEGINNER YOGA SERIES Starts Nov 2nd</b>	Sign Up Early	B
THURSDAYS			
5:30 & 7pm	Yoga Mixed Level <b>*NEW CLASS*</b>	Starts Oct 4	C
6:00-7:15p	Yoga Moderate		B
7:30-8:30p	Yoga Mixed Level <b>*NEW CLASS*</b>	Starts Oct 4	C
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 - (restoring practice)		C
5:30- 6:45pm	Yoga Mixed Level	Returns Fall	
SATURDAYS			
7:45-9:00a	Yoga Seasoned		C
8:30-9:45a	Yoga Gentle		B
afternoons	<b>WORKSHOPS &amp; PRIVATE SESSIONS/EVENTS</b>		B
SUNDAYS			
7:45-10:00a	Yoga "Unhurried Practice" ( <b>Pre-Register</b> ) 2.15 Hours!	Oct 16, Nov 13, Dec 11	C
9:00-10:15a	Yoga Moderate		B
10:30-11:45a	Yoga Gentle		C
11:00-1:15p	<b>DEEPLY RESTORATIVE YOGA Oct 16th</b>	Sign Up Early	B
4:30-5:30p	Yoga Mixed Level <b>*NEW CLASS*</b>	Starts Oct 9	C
5:45-7:00p	Yoga Moderate / Seasoned <b>*NEW CLASS*</b>	Starts Oct 9	C

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  
Yin Yoga Teacher Training  
Restorative Yoga 25 CEU's  
Yoga Assists 25 CEU's