

YOGA WEEKLY

Classes marked with *require pre-registration



MON

5:15pm: Yin Yoga (B)
6:15pm: Yoga Moderate (C)
7:00pm: Meditation (B)

TUE

9:30am: Yoga Mixed (C)
5:15pm: Yoga Restore (B)
5:30pm: Yoga Mixed Starts (C)
6:30pm: Yin Yoga (B)
6:30pm: *Yin Yoga:2 Hour 1/31
7:50pm: *Breathwork/Meditation Series (B)

WED

8:00am: Yoga Mixed Level (C)
9:30am: Yoga Gentle (B)
11:00am: *Yoga **BEGINNERS SERIES** Starts Feb 1st
5:30pm: Yoga Mixed Level (B)
6:45pm: Yoga Mixed Level (B) Starts January!

THU

5:30pm: Yoga Mixed (C)
6:00pm: Yoga Moderate (B)
7:00pm: Yoga Mixed (C) Returns March!

FRI

9:00am: Yoga Gentle - Moderate w/ Chair (C)
11:00am: Yoga Gentle-Moderate (B)
3:30pm: Yoga Mixed Level (C)
February (C) - Yin Yoga coming at 5:15pm! See Next Newsletter!

SAT

8:00am: Yoga Mixed Level (C)
8:30am: Yoga Gentle (B)
10:00am: *Yoga **BEGINNERS SERIES** Starts Feb 18th (B)
6:00pm: **Kirtan Chanting** Circle (B) January 21st - Donation

SUN

9:00am: Yoga Moderate (B)
10:30am: Yoga Gentle (C)
11:00am: *2.15 Hrs **Deeply Restorative** (B)
1:00pm: **Grounded Kids Yoga** (C) starts Jan 8
4:30pm: Yoga Mixed (C)
5:45pm: Yoga Mixed (C)
6:00pm: *2.15 Hours **Deeply Restorative** (B)

OTHER EVENTS

January 29th: ***Free Teacher Training INFO** Class
January 21st: *Kirtan Sacred Chanting (B)
May 5th: *Drum Circle "Make a Joyful Noise"

GROUNDED BY YOGA

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