

MONDAY	Class Name	TEACHER	Town
9:30-10:45a	Yoga Moderate	Deb	B
11:00-12:00p	Yoga Gentle	Deb	B
3:30-4:30p	Tai Chi Beginner's: Starts Sept 28 (enroll)	S Helfand	B
5:15-6:30p	Yin Yoga	Wendy	B
5:45-7:00p	Yoga Moderate - Seasoned	Asha	C
7:15-9:30p	Restorative Yoga (Pre-Register)	Kathy	B
7:00 - 9:30p	Special Offerings/Workshops: See Website	Varies	
TUESDAY			
5:45-6:45a	Yoga Gentle-Moderate (returns in the fall)	Kathy	B
9:30-10:45a	Yoga Gentle	Jackie	C
5:00-6:15p	Yoga Seasoned	Wendy	C/HC
5:15-6:15pm	Yoga Moderate (coming Oct 13 th)	Kathy	B
6:30-7:45p	Yin Yoga Body Lab (see right side of the page)	Sandy	B
6:45-8:00p	Kundalini Yoga	Randhir	C
WEDNESDAY			
8:00-9:15a	Yoga Gentle - Moderate	Wendy	C/HC
9:30-10:45a	Yoga Gentle	Sandy	B
11:00-12:00p	Yoga Foundations Oct 14 (enroll)	Sandy	B
4:00-5:00p	Yoga Moderate *New Class*	Megan	B
5:30-6:45p	Yoga Gentle	Asha	B
6:00 -7:15p	Yoga Moderate	Dianne	C
7:00-8:15p	Meditation: Internal Energy Awareness	Asha	B
7:30-8:30p	Yoga Nidra: (1 st Wed each Month)	Dianne	C
THURSDAYS			
7:45-9:00a	Yoga Moderate-Seasoned	Wendy	HC
9:30-10:45a	Yoga Gentle-Moderate	Dianne	C
4:30-5:45p	Yoga: Relax into Peace (<i>very, very gentle</i>)	Sandy	B
6:00-7:00p	Yoga Moderate *New Class*	Sandy	B
FRIDAYS			
5:30-7:00a	Open Practice Mysore Style (Oct 2 - Dec 11) *New Class*	Ian	C
8:15-9:30a	Yoga Moderate	Ian	C
5:30-6:45p	Yoga: Gentle-Moderate	Asha	B
7:00-8:15p	Meditation (Gentle Body/Gentle Mind)	Asha	B
SATURDAYS			
7:45-9:00a	Yoga Seasoned Flow	Wendy	C/HC
8:30-9:45a	Yoga Gentle	Teresa	B
9:30-10:45a	Yoga Moderate (Sept 12 - Dec 12)	Ian	C
SUNDAYS			
8:15-9:15a	Yoga Gentle-Moderate	Asha	B
10:30-11:45a	Yoga Gentle	Jackie	C
6:45-7:45p	Yoga Gentle-Moderate	Jessica	B

Bloomfield:
Lotus Grove Building,
1 Wellness Way

Canandaigua:
Billiards Square,
514 South Main St



585-861-YOGA
GroundedbyYoga.com

A classical yoga studio.
Our classes are for
Everybody.Always.

We are a DROP-IN Studio.

B=East Bloomfield **C**=Canandaigua
HC= Home Comfort

NEW TO US?

\$39 (1 Month)
\$25 (4 Class / 4 Wks.)
Drop in \$15
(above are CASH only)

RETURNING STUDENTS

\$69/month unlimited -(12-month min)
(that's \$16/week all the classes you like!)
10 Classes for \$100 (3 months)
10 Classes for \$120 (12 months)
3 months unlimited for \$285
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

YIN YOGA: BODY LAB

1st Tuesdays: Chest, Shoulders, Spine
2nd Tuesdays: Hips
3rd Tuesdays: Hams, Calves, Thighs
4th Tuesdays: Full Body
5th Tuesdays: Sweet Surrender

TEACHER TRAINING (in person training!)

Multi-Lineage 200 RYT Nov 2020
200RYT Training Info Session: October 10th (Last one!)
(our first 20 hours are online - the rest is in person)

Safe. Spaces. Always.