

MONDAY	Class Name	TEACHER	Town
9:30-10:45a	Yoga Moderate	Deb	B
6:00-7:15p	Yoga Moderate (zoom only) *New*	Sandy	HC
7:30-8:30p	Family Relaxation (zoom only) *New*	Sandy	HC
7:15-9:30p	Restorative Yoga Jan 18th (Pre-Register)	Kathy	B
7:00 - 9:00p	Philosophy Part 4 of 4 (full)	Various	HC
TUESDAY			
9:30-10:45a	Yoga Gentle	Dianne	C
5:00-6:15p	Yoga Seasoned (In Studio & Zoom)	Wendy	C/HC
5:15-6:15pm	Yoga Gentle-Moderate	Kathy	B
6:30-7:45p	Yin Yoga Body Lab	Sandy	B
6:45-8:00p	Kundalini Yoga	Randhir	C
8:00-8:45pm	Meditation Series (Starts Feb 2) *New*	Sandy	B
WEDNESDAY			
8:00-9:15a	Yoga Gentle - Moderate (In Studio & Zoom)	Wendy	C/HC
9:30-10:45a	Yoga Gentle	Sandy	B
4:00-5:15p	Yoga Moderate	Megan	B
5:30-6:45p	Yoga Gentle	Megan	B
THURSDAYS			
7:45-9:00a	Yoga Moderate-Seasoned (zoom)	Wendy	HC
9:30-10:45a	Yoga Gentle-Moderate	Dianne	C
4:00-5:00p	Tai Chi for Beginners- starts January 7 th . Enroll.	Jamie	C
4:30-5:45p	Yoga: Relax into Peace (<i>very, very gentle</i>)	Sandy	B
6:00-7:10p	Yoga Moderate	Sandy	B
7:30-8:30p	Breath & YOU series (starts Mar 4 -pre-register) *New*	Sandy	HC
FRIDAYS			
8:15-9:30a	Yoga Moderate	Ian	C
4:15-5:15pm	Yang Yin Yoga (starts Jan 22) *New*	Sandy	HC
5:30-6:45p	Yoga: Gentle-Moderate	Sandy	B
7:00-7:45ish	Meditation Series (starts Jan 22) *New*	Sandy	HC
SATURDAYS			
7:45-9:00a	Yoga Seasoned Flow (in studio & Zoom)	Wendy	C/HC
8:30-9:45a	Yoga Gentle	Kristin	B
10:00-11:15am	Beginners Yoga / Meditation (starts Feb 13 - pre-register)	Kristin	HC
SUNDAYS			
8:15-9:15a	Yoga Gentle-Moderate	Ian	B
10:30-11:45a	Yoga Gentle	Jackie	C
6:00-7:15p	Beginners Yoga (starts March 7 - pre-register)	Jessica	C

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-mo.min)
(that's \$16/week all the classes you like! This goes up to \$89 Jan -get in now while its low)
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

Every Tuesday 6:30pm

**This is a limited calendar due to pandemic.
We hope to be back to full calendar**

Safe. Spaces. Always. Open to All Beings. Always.