

## why workshops

### bringing mindfulness to school - sharon gutterman

Sunday, January 17, 1:00-4:00 pm  
\$50 | \$45 if registered online by 1/3

### yoga & meditation - roy & iris mauer

Sunday, January 24, 12:30-4:30 pm  
\$50 | \$45 if registered online by 1/10

### yogic wisdom - peter meadow

Saturday, February 13, 2:30-5:30 pm  
\$45 | \$40 if registered online by 1/30

### hip, pelvis, shoulder (level ii) - barbara ruzansky

Saturday, February 27, 1:00-4:30 pm  
\$55 | \$50 if registered online by 2/13

### immersion in mindfulness - sharon gutterman

Sunday, March 28, 1:00-4:00 pm  
\$60 | \$55 if registered online by 3/14

### pranayama - shankara newton

Saturday, May 1, 1:00-4:30 pm  
\$55 | \$50 if registered online by 4/17

## why events

### FREE intro to yoga

Saturdays, 1:00-2:00 pm ... 1.16 / 2.13 / 3.27 / 4.10 / 5.8 / 6.12

### yoga day usa: fundraiser for aids

Saturday, January 23, 12:30-3:30 ... \$35 suggested donation  
Power yoga detox flow & meditation with Barbara

### kirtan - shankara & friends

Fridays, 8:15-10:15 pm ... 2.19 / 4.30 / 6.18 ... \$10 donation

### bhagavan das kirtan

Friday, March 5, 8:15-10:15 pm ... \$25

## why special series

### healthy lifestyles - shankara ... 8 wk series

Sundays, 7:15-9:15 pm ... January 31-April 4  
\$175 | \$150 if registered online by 1/10

### WHY kids special needs - becca ... 4 wk series

Saturdays, 11:00-11:45 am ... February 27-March 20  
\$60 per child | Drop-ins welcome: \$17 per child

## national teacher trainings

### sarah powers ... march 10-14, 2010

#### Yin Yoga & Mindfulness Meditation: 25 hour Teacher Training

Wednesday-Sunday ... schedule online  
\$660 | \$580 if registered online by 2/15

### jill miller ... may 15-19, 2010

#### Yoga Tune Up® Core Immersion: 24 Hour Teacher Training

Sunday-Thursday ... schedule online  
\$630 | \$565 if registered online by 4/24 (plus \$35 materials fee)

## national workshops

### judith orloff

#### Second Sight: How to Awaken Intuition

Saturday, March 6, 1:00-4:00 pm ... \$65, all levels

### sarah powers

#### Insight Yoga: An evening workshop with Sarah Powers

Tuesday, March 9, 6:00-9:00 pm ... \$65, all levels

### heather tiddens & cheri clampett

#### Yoga for Healing & Balance

Friday, April 16, 6:00-8:30 pm ... \$45  
Saturday, April 17, 12:30-3:00 pm / 4:00-6:30 pm ... \$45 ea.  
Sunday, April 18, noon-3:00 pm ... \$55  
\$165 for the entire weekend, all levels

### judith lasater

#### The Sacroiliac Joint & Asana Practice

Thursday, May 6, 11:30 am-2:00 pm / 3:00-5:30 pm  
\$110, for teachers & serious students

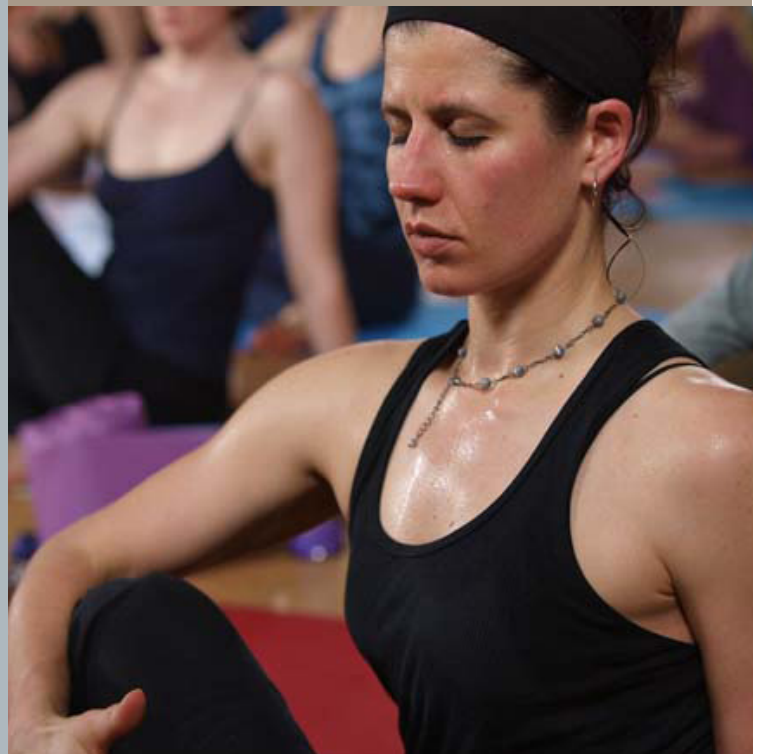
### Living Your Yoga

Friday, May 7, 11:30 am-2:00 pm / 3:00-5:30 pm  
\$110, all levels

### jill miller

#### Yoga Tune Up®: Shoulders, Hips and Heels

Saturday, May 15, 1:00-3:30 pm ... \$50, all levels



Visit us online for additional workshop, series,  
and teacher training information. Registration  
is required for all workshops and series.

# why class schedule | effective january 10, 2010

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING	7:00-8:00 <b>\$5 hot yoga</b> adriana	7:00-8:00 <b>\$5 hot yoga</b> corrina	7:00-8:00 <b>\$5 hot yoga</b> claudia	7:00-8:00 <b>\$5 hot yoga</b> corrina	7:00-8:00 <b>\$5 hot yoga</b> claudia	7:30-8:45 <b>why all levels</b> kathy	8:30-10:00 <b>hot yoga</b> shankara/christine
	9:15-10:30 <b>why all levels</b> shankara	9:15-10:30 <b>gentle yoga</b> sharon	9:15-10:30 <b>why all levels</b> jude	9:00-10:15 <b>gentle yoga</b> shankara	9:15-10:30 <b>gentle yoga</b> staff	8:00-9:00 <b>\$5 intro to why power</b> staff	9:00-10:15 <b>gentle yoga</b> sharon
	9:30-11:00 <b>why power i</b> christine	9:30-11:00 <b>hot yoga</b> nykki	9:30-11:00 <b>why power i</b> marcia	9:30-11:00 <b>hot yoga</b> nykki	9:30-11:00 <b>why power i &amp; ii</b> shankara	9:00-10:30 <b>why power i &amp; ii</b> nykki	10:15-11:45 <b>why all levels</b> shankara/carissa
	12:15-1:15 <b>\$5 gentle yoga</b> sharon	12:15-1:15 <b>\$5 why power i</b> bethany	12:15-1:15 <b>\$5 gentle yoga</b> sharon	12:15-1:15 <b>\$5 why power i</b> bethany	12:15-1:15 <b>\$5 gentle yoga</b> jude	9:15-10:30 <b>gentle yoga</b> kathy	2:00-2:45 <b>why kids (4-6)</b> becca 2.14 ... 2.21 ... 2.28 3.7 ... 5.2 ... 5.9
AFTERNOON	4:30-5:30 <b>\$5 gentle yoga</b> kristen	4:30-5:45 <b>restorative yoga</b> corrina	4:30-5:30 <b>\$5 gentle yoga</b> adriana	4:30-5:30 <b>restorative yoga</b> corrina		10:45-12:00 <b>hot yoga</b> corrina	3:00-4:00 <b>why kids (7-10)</b> becca 2.14 ... 2.21 ... 2.28 3.7 ... 5.2 ... 5.9
	4:30-5:45 <b>why power i</b> marcia	4:30-5:45 <b>hot yoga</b> carissa	4:30-5:45 <b>why power i</b> marcia	4:30-5:45 <b>hot yoga</b> carissa	4:30-5:45 <b>why power i</b> marcia	11:00-11:45 <b>why kids: special needs</b> becca 4 week series 2.27	3:00-4:00 <b>community yoga</b> staff
	6:00-7:15 <b>intro to yoga</b> kristi <i>6 week series' begin 1.11, 2.22, 4.5</i>	6:00-7:30 <b>hot yoga</b> nykki	6:00-7:15 <b>gentle yoga</b> shankara	6:00-7:15 <b>intro to yoga</b> leslie <i>6 week series' begin 1.7, 2.18, 4.1</i>	5:00-6:15 <b>restorative yoga</b> sharon	12:00-6:00 <b>open studio</b> march 27 free classes	4:15-5:30 <b>prenatal yoga</b> margaret
EVENING	6:00-7:30 <b>why power i</b> barbara	6:15-7:15 <b>\$5 intro to why power</b> jane	6:00-7:30 <b>why power i</b> linda	6:00-8:00 <b>why power i &amp; ii</b> barbara	6:00-7:30 <b>hot yoga</b> nykki	1:00-2:00 <b>free intro to yoga</b> staff 1.16 ... 2.13 ... 3.27 4.10 ... 5.8 ... 6.12	5:45-7:00 <b>restorative yoga</b> margaret
	7:30-8:45 <b>yin yoga &amp; meditation</b> kristen	7:30-8:45 <b>intro to yoga</b> nykki <i>6 week begins 1.19 8 week begins 3.30</i>	7:30-8:45 <b>intro to yoga</b> shankara <i>8 week series' begin 1.13 @ 3.10</i>	7:30-8:45 <b>why all levels</b> linda			5:45-7:00 <b>why all levels</b> linda
	7:45-9:00 <b>core/ab power</b> barbara <i>8 week series' begin 1.11 @ 3.8</i>	7:45-9:00 <b>gentle yoga</b> shankara	8:00-9:00 <b>meditation ... free</b> staff		8:15-10:15 <b>kirtan</b> shankara 2.19 ... 4.30 ... 6.18		7:15-9:15 <b>healthy lifestyles</b> shankara 1.31 ... 2.14 ... 2.21 ... 2.28 3.7 ... 3.14 ... 3.28 ... 4.4

Class series indicated by outlined boxes - start dates listed - *registration required.*

All other classes are ongoing - drop-ins welcome. Visit us online for class descriptions & schedule updates

westhartfordyoga | [www.westhartfordyoga.com](http://www.westhartfordyoga.com) | 860.953.YOGA

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