

WHY CLASS SCHEDULE | WINTER 2020

	MON	TUE	WED	THU	FRI	SAT	SUN
MORNING		6:00-7:00 hour of power rachel		6:00-7:00 hour of power amy		7:30-8:45 why all levels kathy	8:30-10:00 hot yoga kate
	9:15-10:30 why all levels jude	9:15-10:30 gentle yoga kristin	9:15-10:30 why all levels jude	8:00-9:15 kundalini marcia	9:15-10:30 gentle yoga susan	8:00-9:15 core/ab power miranda	9:00-10:15 gentle yoga sharon
	9:30-11:00 why power i rebecca	9:30-11:00 why power i john d.	9:30-11:00 why power i tony	9:15-10:30 gentle yoga sharon	9:30-11:00 hot yoga jen	9:00-10:30 why power i nykki	10:30-12:00 why all levels carissa/tony
	12:00-1:00 \$7 gentle yoga sharon		12:00-1:00 \$7 gentle yoga sharon	9:30-11:00 why power i marcia		9:30-10:45 gentle yoga kathy/nina	11:00-12:15 why power i jenn
AFTERNOON	12:00-1:00 hour of power marni	12:00-1:00 hour of power linda	12:00-1:00 \$7 why power katie	12:00-1:00 hour of power linda	12:00-1:15 why all levels linda	11:00-12:15 hot yoga jen	12:30-1:30 hour of power steve/staff
	4:30-5:45 gentle yoga john o.	4:30-5:45 yin yoga rachel	4:30-5:45 gentle yoga tony	4:30-5:45 restorative yoga jeannine	4:30-5:45 gentle yoga jude	11:15-12:30 intro to yoga susan <i>8 wk series begins 1.25</i>	3:00-4:00 \$7 why outreach community yoga staff
	4:30-5:45 why power i marcia	4:30-5:45 why all levels <i>(warm room)</i> carissa	4:30-5:45 why power i marcia	4:30-5:45 why all levels <i>(warm room)</i> mike	4:30-5:45 why power i marcia	1:00-2:00 free intro to yoga jude 2.8	3:15-4:00 why kids becca 3.1
EVENING	6:00-7:30 why power i barbara	6:00-7:30 hot yoga nykki	6:00-7:15 why power i jen	6:00-7:30 why power i mike	6:00-7:30 hot yoga jenn	3:00-4:15 why power i amy/miranda	4:15-5:30 prenatal yoga karla
	6:15-7:30 gentle yoga tony	6:15-7:30 why slow flow nina	6:15-7:30 gentle yoga jude	6:15-7:30 intro to yoga marni <i>8 wk series begins 1.16</i>			5:45-7:00 why all levels linda
	7:45-9:00 intro to yoga nykki <i>8 wk series begins 1.20</i>	7:45-9:00 core/ab power amy	7:30-8:45 sweat & surrender tony	7:45-9:00 yin yoga kevin/tony	<p>Ongoing free classes through WHY Outreach, Inc.</p> <p><i>Yoga for Cancer ... Thursday ... 1:30-2:45pm</i> 2.20, 3.5, 3.19, 4.2, 4.16, 4.30</p> <p><i>Yoga for Recovery ... Friday ... 6:00-7:30pm</i> 3.13, 4.10, 5.8, 6.12</p>		
	7:45-9:00 yin yoga kevin	7:45-9:00 gentle yoga alexis	8:00-9:00 free meditation staff				

Class series + specialty classes 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 | 860.953.YOGA

23 BROOK STREET, WEST HARTFORD, CONNECTICUT 06110



MASSAGE SCHEDULE

MONDAY

9:00-11:00am
2:00-4:00pm
6:00-8:00pm

TUESDAY

9:00am-12:00pm
2:00-6:00pm

WEDNESDAY

2:00-4:00pm
6:00-7:30pm

THURSDAY

9:00am-12:00pm
2:30-5:30pm
7:45-8:45pm

SATURDAY

8:00am-4:00pm

HEALING ARTS SCHEDULE

ACUPUNCTURE

wednesday ... 7:15-9:00pm

CHIROPRACTIC

tuesday ... 5:45-7:00pm

CRANIOSACRAL THERAPY

monday-thursday ... various times

NUTRITION CONSULTATIONS

wednesday ... 4:30-7:30pm

REIKI

monday ... 9-11am
tuesday ... 9-10am
friday ... 4:30-7:30pm
sunday ... 9am-1pm

SHAMANIC HEALING

tuesday ... 3:30-5:30pm

YOGA THERAPY

monday ... 4-6pm
wednesday ... various times
thursday ... 5-7:30pm

ZEN SHIATSU

tuesday ... 10am-9pm (1x month)

Reservations are recommended to secure your preferred date and time of treatment. This can be done by phone or online. Additional times may be available by appointment. We will do our best to accommodate same day appointments.