



We are all connected - physically, spiritually and wholeheartedly.

**December class schedule: 48 South Main Street, Concord NH at STUDIO 603**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>cost:</b> \$108 for 9 classes or \$15 single class</p>	<p><i>Space is limited pre-registration for classes is strongly suggested!</i></p>				<p>1 <b>Vinyasa Yoga</b> 12:10-1:00pm Lori</p>	2
<p>3 <b>Vinyasa Yoga</b> Full Moon 4:00-5:00pm Lori</p>	<p>4 <b>Core Yoga</b> 12:10-1:00pm Annette</p>	<p>5 <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen <b>Vinyasa Yoga</b> 7:15-8:15pm Lori</p>	<p>6 <b>Peaceful Yoga</b> 6:00-7:00pm Maureen</p>	<p>7 <b>Core Yoga</b> 5:00-6:00pm <b>Mindful Yoga</b> 6:30-7:30pm Annette</p>	<p>8 <b>Vinyasa Yoga</b> 12:10-1:00pm Lori</p>	9
<p>10 <b>Deepen Your Practice</b> all levels 9:00-10:30am Maureen</p>	<p>11 <b>Core Yoga</b> 12:10-1:00pm Annette</p>	<p>12 <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen <b>Vinyasa Yoga</b> 7:15-8:15pm Lori</p>	<p>13 <b>Peaceful Yoga</b> 6:00-7:00pm <b>Yoga Relax/Renew</b> 7:30-8:45pm Maureen</p>	<p>14 <b>Core Yoga</b> 5:00-6:00pm <b>Mindful Yoga</b> 6:30-7:30pm Annette</p>	<p>15 <b>Vinyasa Yoga</b> 12:10-1:00pm Lori</p>	16
<p>17</p>	<p>18 <b>Core Yoga</b> 12:10-1:00pm Annette</p>	<p>19 <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen <b>Vinyasa Yoga</b> 7:15-8:15pm Lori</p>	<p>20 <b>Peaceful Yoga</b> 6:00-7:00pm <b>Yoga Nidra</b> 7:30-8:15 Maureen</p>	<p>21 <b>Core Yoga</b> 5:00-6:00pm <b>Mindful Yoga</b> 6:30-7:30pm Lori</p>	<p>22 <b>Vinyasa Yoga</b> 12:10-1:00pm Lori</p>	23
<p>24 closed no classes today</p>	<p>25 closed no classes today</p>	<p>26 closed no classes today</p>	<p>27 closed no classes today</p>	<p>28 closed no classes today</p>	<p>29 closed no classes today</p>	<p>30 closed no classes today</p>

Please register in advance for all classes and workshop. For ease in signing up: add *YOGA NH* to your MindBody App today!

Visit: [www.yoganh.com](http://www.yoganh.com) workshops and Yoga NH Teacher Training information.