



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
<b>CLASS SALE!</b> \$100 for 9 classes save \$8 \$12 single class save \$3	<i>Space is limited            pre-registration            for classes is            required!</i>				1 <b>Vinyasa Yoga</b> 12:10-1:00pm Lori	2
3 <b>Vinyasa Yoga</b> Full Moon 4:00-5:00pm Lori	4 <b>Core Yoga</b> 12:10-1:00pm Annette <b>Yoga Nidra</b> 6:30-7:15pm Lori	5 <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen <b>Vinyasa Yoga</b> 7:30-8:30pm Lori	6 <b>Peaceful Yoga</b> 6:00-7:00pm Maureen	7 <b>Core Yoga</b> 5:00-6:00pm <b>Mindful Yoga</b> 6:30-7:30pm Annette	8 <b>Vinyasa Yoga</b> 12:10-1:00pm Lori	9
10 <b>Deepen Your            Practice</b> all levels 9:00-10:30am Maureen	11 <b>Core Yoga</b> 12:10-1:00pm Annette	12 <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen <b>Vinyasa Yoga</b> 7:30-8:30pm Lori	13 <b>Peaceful Yoga</b> 6:00-7:00pm <b>Yoga Nidra</b> 7:30-8:15pm Maureen	14 <b>Core Yoga</b> 5:00-6:00pm <b>Mindful Yoga</b> 6:30-7:30pm Annette	15 <b>Vinyasa Yoga</b> 12:10-1:00pm Lori	16
<b>Breathing Deeply            Yoga Therapy            Program            Information            Session</b> 11am-12pm Maureen/Annette	18 <b>Core Yoga</b> 12:10-1:00pm Annette	19 <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen <b>Vinyasa Yoga</b> 7:30-8:30pm Lori	20 <b>Peaceful Yoga</b> 6:00-7:00pm <b>Yoga Nidra</b> 7:30-8:15 Maureen	21 <b>Core Yoga</b> 5:00-6:00pm <b>Mindful Yoga</b> 6:30-7:30pm Lori	22 <b>Vinyasa Yoga</b> 12:10-1:00pm Lori	23
24 closed no classes today	25 closed no classes today	26 closed no classes today	27 closed no classes today	28 closed no classes today	29 closed no classes today	30 closed no classes today

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.