



We are all connected - physically, spiritually and wholeheartedly.

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>cost:</b> \$108 for 9 classes or \$15 drop in	<b>Save the dates:</b> <b>April 21st – 23rd</b> <b>David Keil</b> <b>International Yoga Instructor</b> <b>Mysore Classes and Adjustment Workshops</b>			<b>1</b> <b>Core Yoga</b> 5:00-6:00pm <b>Peaceful Yoga</b> 6:15-7:30pm Annette	<b>2</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Lori	<b>3</b>
<b>4</b> <b>Yoga for ....</b> <b>Sunday morning!</b> 9:00-10:15am Annette	<b>5</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Annette <b>Relax &amp; Renew</b> 6:30-7:45pm Annette	<b>6</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen	<b>7</b> <b>Peaceful Yoga</b> 6:15-7:15pm Maureen <b>Yoga Fundamentals</b> 7:30-8:30pm Lori	<b>8</b> <b>Core Yoga</b> 5:00-6:00pm <b>Peaceful Yoga</b> 6:15-7:30pm Annette	<b>9</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Lori	<b>Special Saturday Workshops with Maureen</b>  <b>17th Deepen Your Practice</b> 10:30am-12:00pm  <b>24th Take Care of YOU Workshop! ***</b> 10am-1pm
<b>11</b> <b>Yoga for ....</b> <b>Sunday morning!</b> 9:00-10:15am Lori <b>Reiki Sessions</b> 11am-1pm	<b>12</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Annette	<b>13</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen	<b>14</b> <b>Peaceful Yoga</b> 6:15-7:15pm Maureen <b>Yoga Nidra</b> 7:30-8:15pm Maureen	<b>15</b> <b>Core Yoga</b> 5:00-6:00pm <b>Peaceful Yoga</b> 6:15-7:30pm Annette	<b>16</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Lori	
<b>18</b> <b>Yoga for ....</b> <b>Sunday morning!</b> 9:00-10:15am Lori <b>Reiki II, Lori</b> 11am-4pm	<b>19</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Annette	<b>20</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen	<b>21</b> <b>Peaceful Yoga</b> 6:15-7:15pm Maureen <b>Yoga Nidra</b> 7:30-8:15pm Annette	<b>22</b> <b>Core Yoga</b> 5:00-6:00pm <b>Peaceful Yoga</b> 6:15-7:30pm Lori	<b>23</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Lori	
<b>25</b> <b>Yoga for ....</b> <b>Sunday morning!</b> 9:00-10:15am Maureen <b>Yoga for Depression</b> 10:30am-12:30pm	<b>26</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Annette	<b>27</b> <b>Vinyasa Yoga</b> 12:10-1:00pm Maureen	<b>28</b> <b>Peaceful Yoga</b> 6:15-7:15pm Maureen <b>Essential Oils</b> 7:30-8:30pm Lori	Please register in advance for all classes. There is a dedicated parking lot off Concord Street - behind the Studio 603/Yoga NH Studio building.  <a href="http://www.yoganh.com">www.yoganh.com</a>		

