



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
cost: \$108 for 9 classes or \$15 drop in	Save the dates: April 21st – 23rd David Keil International Yoga Instructor Mysore Classes and Adjustment Workshops			1 Core Yoga 5:00-6:00pm Peaceful Yoga 6:15-7:15pm Annette	2	3
4 Yoga for Sunday morning! 9:00-10:15am Annette	5 Relax & Renew 6:30-7:45pm Annette	6	7 Peaceful Yoga 6:15-7:15pm Maureen Yoga Fundamentals 7:30-8:30pm Lori	8 Core Yoga 5:00-6:00pm Peaceful Yoga 6:15-7:15pm Annette	9	Special Saturday Class with Maureen 17th Deepen Your Practice 10:30am-12:00pm Coming soon: Pilates Mat and Pilates-Yoga Blend (not sure of day or time yet)
11 Yoga for Sunday morning! 9:00-10:15am Lori Reiki Sessions 11am-1pm	12	13	14 Peaceful Yoga 6:15-7:15pm Maureen Yoga Nidra 7:30-8:15pm Maureen	15	16	
18 Yoga for Sunday morning! 9:00-10:15am Lori Reiki II, Lori 11am-4pm	19	20	21 Peaceful Yoga 6:15-7:15pm Maureen Yoga Nidra 7:30-8:15pm Annette	22	23	
25 Yoga for Sunday morning! 9:00-10:15am	26	27	28 Peaceful Yoga 6:15-7:15pm Maureen Essential Oils 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. www.yoganh.com		

