

MONDAY	Class Name	TEACHER	LOCATION
9:30-10:45a	Yoga Gentle	Jackie	B
5:15-6:30p	Yoga Open (Yin Yoga)	Wendy	B
5:45-7:00p	Yoga Gentle-Moderate	Teresa	C
7:00-8:00p	Yoga Moderate <i>starts Jan 21</i>	Shannon	B
TUESDAY			
9:30-10:45a	Yoga Gentle	Jackie	C
5:00-6:15p	Yoga Moderate - Seasoned	Wendy	C
6:30-7:45p	Yoga Open "Deep Release" (Long-held stretches)	Sandy	B
7:50-8:30p	"Relax into Meditation " <i>Resumes Jan 29th</i>	Sandy	B
WEDNESDAY			
8:15-9:30a	Yoga Gentle - Moderate	Wendy	C
9:30-10:45a	Yoga Gentle	Sandy	B
10:50-11:20a	Meditation (2 nd Wednesday)	Sandy	B
5:15-6:30p	Yoga Moderate Flow	Camille	C
5:45-6:55p	Yoga Gentle	Asha	B
7:05-8:15p	Yoga Moderate Flow	Asha	B
THURSDAYS			
7:00-8:15a	Yoga Moderate Flow	Julie	C
4:30-5:45p	Yoga: Relax Yourself (<i>very gentle yoga</i>)	Sandy	B
5:15-6:30p	Yoga Yang-Yin	Wendy	C
6:00-7:15p	Yoga Moderate	Shannon	B
7:30-8:30p	Yoga & Meditation – Open Level	Shannon	B
FRIDAYS			
4:00-5:00p	Tai Chi Series for <i>Beginners, Arthritis, Balance</i>	Sandy Helfand	B
5:30-6:45p	Yoga Moderate "Gems of India". <i>Donation – Pay What You Can.</i>	Asha	B
7:00-8:15p	Yoga Gentle-Moderate Flow includes 30 min Relax Yourself	Asha	B
SATURDAYS			
7:45-9:00a	Yoga Seasoned Flow	Wendy	C
8:30-9:45a	Yoga Gentle	Teresa	B
9:15-10:30a	Yoga Moderate	Wendy	C
10:00-11:00a	Tai Chi Series for <i>Beginners, Arthritis, Balance</i>	Sandy Helfand	B
SUNDAYS			
9:30-10:30a	Yoga Moderate Flow (Heated)	Shannon	B
10:30-11:45a	Yoga Gentle	Jackie	C
11:15-12:30p	BEGINNERS Yoga/Meditation Series starts Jan 13	Shannon	B
1:15-2:15p	Yoga Gentle (<i>no class Feb 3 or Mar 3</i>)	Shannon	B
7-9:15p	Monthly 2.25hr Restorative Yoga	Teresa	B

Bloomfield:

Lotus Grove Building,
1 Wellness Way
(corner E.Main / Route 444)



Canandaigua:

Billiards Square,
514 South Main St
(corner S.Main / Parrish St)

Grounded by
YOGA

585-861-YOGA GroundedbyYoga.com

We are a DROP IN Studio. Pre-Register only where indicated.

B=East Bloomfield C=Canandaigua

NEW TO US?

\$39 (1 Month)
\$25 (4 Class / 4 Wks)
Drop in \$15
Rewards/Referral Program

RETURNING STUDENTS

\$85/month unlimited -(6 month min)
10 Classes for \$100
3 months unlimited for \$285
Outreach/Recovery \$3/\$19

TEACHER TRAINING

Multi-Lineage 200 RYT **Aug 2019**
Restorative Yoga 25 CEU **March 2019**
Training Info Sessions: **Jan 27th**

OTHER OFFERINGS

Private Sessions
Spiritual Retreats
Offsite Programs
Out Reach Programs

REFERRAL PROGRAM:

\$25 on your account if you are a current package holder and refer a new student and they buy a 10 pack, or 3 or 6 Month Unlimited.

\$1 YOGA CLASSES: March 1-2-3. See website for information and to save your space.

(Note: Regular classes in Bloomfield will be suspended March 1-2-3 for this event)

UPCOMING EVENTS

- **Beginners Yoga/Meditation** Starts Jan 13th
- **Tai Chi for Arthritis, Balance & Beginners** – 1 Space left
- **Restorative Yoga Sundays** – Jan 13th and Feb 10th
- **Teacher Training Info Session:** Jan 27th 3pm Bloomfield
- **Restorative Yoga Training:** March 9 and 16