

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	Shannon	B
TUESDAY			
9:30-10:45a	Yoga Gentle	Jackie	C
5:00-6:15p	Yoga Moderate - Seasoned	Wendy	C
5:15-6:15pm	Yoga & Meditation Intro Series (Begins July 9)	Sandy	B
6:30-7:45p	Yoga Open "Deep Release" (Long-held stretches)	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 Wed right after 9:30 class)	Sandy	B
4:15-5:15pm	Yoga Nidra Practices (Pay What You Can)	Asha	B
4:30-5:45p	Yoga Gentle	Dianne	C
5:30-6:45p	Yoga Gentle	Asha	B
6:00-7:15p	Yoga Moderate Flow	Dianne	C
7:00-8:15p	Yoga w/ Internal Energy Awareness	Asha	B
THURSDAYS			
9:30-10:45a	Yoga Gentle-Moderate	Dianne	C
4:30-5:45p	Yoga: Relax into Peace (<i>very, 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 Beginners – Series	Sandy Helfand	B
5:30-6:45p	Yoga: Starts May 24!	Asha	B
7:00-8:15p	Meditation: GentleBody/GentleMind	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
10:15-11:15a	Tai Chi Part 2 Series	Sandy Helfand	B
4:00-6:15pm June 1st	2.15 Hour Restorative Yoga (pre-register)	Teresa	B
SUNDAYS			
8:15-9:15a	Yoga Gentle	Shannon	B
9:30-10:30a	Yoga Moderate	Shannon	B
10:30-11:45a	Yoga Gentle	Jackie	C
11:15-12:30p	Yoga; Relax into Peace (<i>very, very gentle</i>)	Shannon	B
1:15-2:15p	Yoga (Returns in the Fall)		
6:45-7:45p	Coming June 16th!	Jessica	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 **Sept 2019**
Training Info Sessions: **Call for consult**

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.

UPCOMING EVENTS/ANNOUNCEMENT

- **New additions for special events/classes will be on our website**
- **Teacher Training Info Session: Call for personal consultation. Last 200RYT "Teaching From the Heart" program. 1 space left.**
- **Restorative Yoga Training Level 1: Sept 2019**