



YOGADAY USA in KEENE.
SUNDAY January 31, 2010 9am-4pm
 Held at HCS 312 Marlboro St. in Keene, NH

YOGA BY DONATION ALL DAY- DONATIONS BENEFIT THE HCS HOSPICE PROGRAM AND STAY LOCALLY IN THE KEENE AREA!

	DOWN STAIRS					UP STAIRS		
	PARLOR ROOM	CONFERENCE ROOM A	CONFERENCE ROOM B	TRAINING ROOM	DINING ROOM	MEDITATION ROOM	CAFE ROOM	
SESSION 1 9:00 - 10:15 AM	BEG Iyengar Wendy Bienvenu	ALL Embodyoga Cheryl Jensen	INT Jivamukti Yoga Steve Bethel	ALL Ease Through Menopause Claudia Burdett-Lerner	9:00-10:00 Breakfast 9:30-4:00 Massage & Reiki 11:00-2:00 Lunch 9:00-2:00 Silent Auction 10:00-12:00 Henna Tattoo	BEG 10:00 - 12:00 Power of Breath Introduction POB Facilitators	BEG 9:30-10:00 Yoga for Children Pre-School	
SESSION 2 10:30 - 11:45 AM	BEG Yoga as Meditation Rebecca Marshal	ALL Raw Shakti Flow Yoga Taialofa	INT Ashtanga Yoga Robert Moses	ALL Hatha Flow Aubry Koehler		BEG 12:15 - 1:00 Intro to Meditation Ginie	BEG 4-Minute Fitness Mary Frost	
SESSION 3 12:00-1:00 PM	BEG Beginner Sivananda Bryan Russell	ALL Yoga Dance Robyn Anderson-Hannett	INT Kripalu Vigorous Josephine	ALL Iyengar Yoga Wendy Bienvenu				
1:15 - 1:40 PM	KEYNOTE ADDRESS: YOGA by Robert Moses							
SESSION 4 1:45 - 2:45 PM	BEG Integral Yoga Sundari Daphnie Logan	ALL Prenatal Yoga Jennie Gryczka	INT Impasa Vinyasa Bryan Russell	BEG Yoga & Nutrition			ALL Corporate Yoga Lynda Meeder	
SESSION 5 3:00 - 4:00 PM	BEG Gentle Yoga Lynda Meeder	ALL Vinyasa Flow Justina Wentworth	INT Intermediate Kripalu Yoga Flow Michelle Davis	ALL Yoga Flow Liza Dupuis		BEG 3:30-4:00 Yoga for Children Age 5-10yrs		

You are welcome to join or observe any class, but this might help you choose the best classes for you:

BEG **BEGINNER**- a class designed specifically for people with little or no yoga experience.

ALL **ALL-LEVEL**- a class designed to be modified to suit any level of yoga student.

INT **INTERMEDIATE**- a class for the more experienced yogin that is interested in improving their practice.

Bring a yoga mat if you have one. Arrive 15 minutes before the class you want to take.

Check www.keeneonyoga.com/yogaday for the most up to date schedule.
info@keeneonyoga.com with questions.

Composting and Recycling Services Provided by Sterling Yoga Studios.



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