

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Morning		6:00-7:00 Early Bird Yoga Jen		6:00-7:00 Early Bird Yoga Jen		8:15-9:45 All Levels Yoga Rotation	
Mid Morning	9:15-10:45 Intermediate Yoga Ann (A-I)	9:15-10:30 Gentle Yoga Manny (A-I)	9:15-10:45 All Levels Yoga Abi	9:15-10:45 All Levels Yoga Cristina	9:15-10:45 Intermediate Yoga Manny (A-I)	10:00-12:00 Yoga Master Class Marc St. Pierre Bi-monthly See online schedule (C-A)	9:15-10:45 Intermediate Yoga Abi No class 9/18 & 11/20
Late Morning	11:00-12:15 Gentle Yoga Jennifer	11:00-12:00 Moms & Babies Christina D.	11:00-12:00 Easy Does it Yoga Rose (A-I)		11:00-12:00 Easy Does it Yoga Rose No class 11/25 (A-I)	10:00-12:30 Meditation, Asana & Breathwork Workshop Manny 9/24, 10/29, 11/12 & 12/10 (A-I)	
Afternoon		1:30-2:45 Chair Supported Yoga Renee		4:00-5:00 Kids Yoga Jennifer		2:00-4:00 Yoga for Cancer Patients 9/10, 10/8, 11/5 & 12/17 Joanne & Rose	4:00-5:15 All Levels Yoga Manny (A-I)
Evening	5:30-6:45 All Levels Yoga Ann (A-I)	5:30-6:30 Yoga for 50+ Rose (A-I)	5:15-6:30 All Levels Yoga Leigh (A-I)	5:30-6:45 Intermediate Yoga Manny (A-I)	5:30-6:45 All Levels Yoga Jen No class 9/30, 10/28, 11/18 & 12/16	3:30-5:30 Thanksgiving Doubles Yoga 11/26 Manny & Cristina	5:30-6:45 Intro to Yoga Cristina & Manny
Night	7:00-8:30 Bunjinkan Ninjutsu Gary	7:00-8:30 Gentle Yoga Cristina 7:00-8:30 Moving into Balance Starts 9/27/Manny	6:45-8:15 Prenatal Yoga Cristina 6:45-7:30 Meditation Manny 8:30-10:00 Bunjinkan Ninjutsu Gary	7:00-8:30 Gentle Yoga Cristina	5:30-7:00 Rest & Renew 9/30, 10/28, 11/18 & 12/16 Joanne		7:00-8:15 Prenatal Yoga Christina D.

(A-I) Taught by Anusara-Inspired™ Teacher,
(C-A) Taught by Certified Anusara™ Teacher

Ongoing Yoga Classes shown in color on the schedule:

Drop-in – \$15

10-Class Card – \$130
no expiration date

Membership includes unlimited attendance to all Ongoing Yoga classes.

1-month membership – \$100

3- month membership – \$270

6-month membership – \$510

Yearly Membership – \$960

Specialty Classes – shown in white on the schedule.

Not included in membership or 10-class cards. See reverse for details.

Please arrive at least 10 minutes before the class begins.

Schedule subject to change.

12 Maple Street Newburyport, MA 01950 978-225-3700 See www.newburyportyoga.com for details and other offerings. **Weather Cancellation Policy:** When Newburyport schools are closed or delayed due to weather, the Center is closed for morning classes. Call 978-225-3700 to check for other classes.

Ongoing Yoga/Meditation Classes – shown in color on the schedule

Gentle Yoga: Focused on basic alignment, gentle stretching and the breath; a supportive environment for beginners and continuing practitioners.

Introduction to Yoga: The basics of yoga for those entirely new to the practice. 6 week series is \$140 and includes unlimited attendance at Ongoing Yoga classes. Call 978-225-3700 or email center@newburyportyoga.com to register. Session begins 9/18.

Easy Does It Yoga: Perfect for anyone who wants to take class a little slower, deepen their understanding of alignment and yoga therapy. Continuous. Drop-ins \$10.

All Levels Yoga: Continuing studies that balance strength with flexibility refine alignment techniques and begin to build endurance. Fine for those new to yoga, if you are physically fit.

Early Bird Yoga: 6-week session starting 9/6. Attend one class per week \$65 or attend both classes per week \$120. Drop-ins welcome.

Intermediate Yoga: More challenging classes that help you expand your practice on all levels; building stamina, strength and a steady mind in a serious, but playful environment. Not recommended for the beginner.

Wednesday Meditation with Manny Muros. Call 978-225-3700 or email manny@newburyportyoga.com. Continuous. Drop-ins \$10.

Specialty Classes – shown in white on the schedule. Not included in Center Membership. No drop-ins, unless otherwise noted.

Bujinkan Ninjutsu Training with Gary Phillips. Japanese Martial Arts. Continuous. \$15 per class; \$75 for 6 weeks. Contact Gary at 617-645-8552. Drop-ins welcome.

Chair-supported Yoga – Less Is More with Renee Le Verrier. LIM Yoga's gentle approach blends traditional poses with modifications and chair support. 1:30 class runs continuous, \$10 per class, drop-ins welcome. First class free. Contact Renee at renee@limyoga.com or 603-674-6660.

Kids Yoga with Jennifer Freeman for children ages 6-9, 6 weeks series begins 9/22 & 11/3, \$60 for series; try first class for no cost. Registration required. Contact Jennifer at 508-333-4160 or pause4yoga@gmail.com.

Master classes with certified Anusara™ Instructor Marc St. Pierre. Come explore the depth and breadth of Anusara Yoga with bi-monthly Intermediate/Advanced classes. Should be able to kick up to handstand at the wall and press up to wheel unassisted – this class rocks! \$20 per class. See online schedule for dates.

Meditation, Asana & Breathwork Workshop with Manny Muros, Saturdays, 9/24, 10/22, 11/12 & 12/10. Cost \$25 per class. Suitable for beginner or advanced practitioners. Call 978-225-3700 or email manny@newburyportyoga.com.

Moms & Babies with Christina Dubin for babies 6 weeks to crawling, 4 week series begins 9/13. Contact Christina at 978-223-2201 or christinad@newburyportyoga.com. Cost \$60 for series, \$18 per class

Moving into Balance, Ancient Tools for Dealing with Modern Life with Manny Muros – Study the philosophies behind yoga, seated and movement meditation. Meet life's challenges with greater awareness. 8 weeks begins 9/27, cost \$160. Call 978-225-3700 or email manny@newburyportyoga.com.

Prenatal Yoga with Cristina Muros & Christina Dubin, 6 week series begins 9/28 & 10/2, Wed & Sunday. Registration required. You may join mid-session if space is available. Contact Cristina at 978-225-3700, cristina@newburyportyoga.com. Register for one series \$90 or both series \$160, \$20 per class.

Rest & Renew: Restorative Yoga with Joanne Rowley. \$20 non-members, \$15 members. Registration required. Call Joanne at 978-463-9318 or email ritamb@comcast.net.

Thanksgiving Doubles with Cristina & Manny Muros. We will combine couples yoga, meditation, breathwork, & Thai bodywork to create an atmosphere of gratitude, 11/26. Cost \$85/couple, registration required. Call 978-225-3700 or email manny@newburyportyoga.com.

Yoga for those Living with Cancer with Joanne Rowley and Rose Russo. Registration required. Call Joanne at 978-463-9318, email ritamb@comcast.net or Rose Russo 978-465-2998, email pathways-rose@comcast.net. By donation only.

Refining Your Craft: The Art of Teaching with a Theme
A Skill Building Training for Anusara Yoga Teachers with Ann Greene, September 17-18