



DROP IN CLASS MENU

DEC-JAN-FEB 2011-12

	Time	Description-Teacher	Level	Intensity
MON	ॐ 8:30-9:45AM	ॐ POWER/TEAM TAUGHT- Mariah&Mike	ॐ II/III	ॐ VIGOROUS
	ॐ 10:30-11:45AM	ॐ GENTLE FLOW-Maggie Mae	ॐ ALL*	ॐ GENTLE+
	ॐ 4:30-5:30PM	ॐ KRIPALU GENTLE-Mike	ॐ ALL***	ॐ GENTLE
	ॐ 6:00-7:15PM	ॐ SKI and BOARD POWER-Mike	ॐ ALL	ॐ VIGOROUS
TUES	ॐ 8:30-9:45AM	ॐ KRIPALU VIGOROUS-Dana	ॐ II/III	ॐ VIGOROUS
	ॐ 10:30-11:45AM	ॐ KRIPALU FLOW-Faith	ॐ ALL	ॐ GENTLE+
	ॐ 6:00-7:15PM	ॐ VIGOROUS YOGA JAM-Rotation	ॐ ALL	ॐ VIGOROUS
WED	ॐ 8:30-9:45 AM	ॐ POWER-Mariah	ॐ II/III	ॐ VIGOROUS
	ॐ 10:30-11:45AM	ॐ WARM STRETCH&RESTORE-Mariah	ॐ ALL*	ॐ GENTLE
	ॐ 6:00-7:15PM	ॐ YOGA FLOW-Judith	ॐ ALL	ॐ VIGOROUS
	ॐ 7:30-8:30PM	ॐ BEGINNER POWER-Mariah	ॐ ALL***	ॐ MODERATE+
THURS	ॐ 8:30-9:45AM	ॐ KRIPALU VIGOROUS-Dana	ॐ II/III	ॐ VIGOROUS
	ॐ 10:30-11:45AM	ॐ KRIPALU GENTLE-Faith	ॐ ALL***	ॐ GENTLE
	ॐ 6:00-7:30PM	ॐ CANDLELIGHT VINYASA-Meghan	ॐ II/III	ॐ VIGOROUS
FRI	ॐ 8:30-9:45AM	ॐ POWER/TEAM TAUGHT Mike&Mariah	ॐ ALL	ॐ VIGOROUS
	ॐ 10:30-11:45AM	ॐ GENTLE FLOW-Maggie-Mae	ॐ ALL*	ॐ GENTLE+
SAT	ॐ 8:30-9:45AM	ॐ KRIPALU- VIGOROUS Dana	ॐ ALL*	ॐ VIGOROUS
	ॐ 10:30 -11:30AM	ॐ KRIPALU-GENTLE Dana	ॐ ALL***	ॐ GENTLE
	ॐ 3:30-4:30PM	ॐ WARM STRETCH&RESTORE-Rotation	ॐ ALL	ॐ MODERATE
	ॐ 5:00-6:15PM	ॐ VIGOROUS YOGA JAM-Rotation	ॐ ALL	ॐ VIGOROUS
SUN	ॐ 8:30-9:45AM	ॐ YOGA FLOW-Judith	ॐ II/III	ॐ VIGOROUS
	ॐ 10:30-11:30AM	ॐ BEGINNER KRIPALU-Dana	ॐ ALL***	ॐ GENTLE+
	ॐ 5:00-6:15PM	ॐ KRIPALU MODERATE- Dana	ॐ ALL	ॐ MODERATE

- *Beginner Friendly ***Beginner Recommended
- Classes \$15, 10 Class Cards \$130, Monthly Unlimited \$140, Mat Rentals \$1
- \$10 Drop in for Veterans, Students, Teachers, Rec Path Arrival, Civil Servants, Injured.
- Join us on FACEBOOK for discussions and announcements!
- Chairs, Blocks, Bolsters, Straps, Wedges and Blankets available.
- Like a good *Jam band* we hope our *Yoga Jam* Rotation lets teachers shine!
- We arrive 15 minutes before class. Some teachers lock the door at class start.
- Check Online for additional bad weather classes, substitutions and cancellations.

Please visit www.westbranchyoga.com for Details

2595 Mountain Road

Stowe, VT 05672