# YOGA SCHEDULE | FALL 2026

allthatmatterswellness.org/yoga

| Day/Time | Class Type | Instructor |
|---|---|---|
| **MONDAY** | | |
| 6:30 AM – 7:30 AM | Awakening Sunrise Flow | Morgan Gould |
| 8:30 AM – 9:45 AM | Somatic Flow | Kerry Puniello |
| 9:00 AM – 10:15 AM | Pulse + Flow | Sheri Silva |
| 9:30 AM – 10:30 AM | All Levels | Amy Hagan |
| 11:00 AM – 12:00 PM | Basic | Susan DeSantis |
| 11:00 AM – 12:15 PM | Stretch + Breathe | Irene Pica |
| 4:30 PM – 5:30 PM | All Levels | Mel Fox Olsen |
| 6:00 PM – 7:00 PM | Slow Flow | Janne Haugen |
| 6:30 PM – 7:45 PM | Restorative | Morgan Huling |
| **TUESDAY** | | |
| 6:30 AM – 7:30 AM | Awakening Sunrise Flow | Kristina DiSanto |
| 9:00 AM – 10:15 AM | Gently Heated Vinyasa | Usha Bilotta |
| 9:15 AM – 10:30 AM | All Levels | Tara Beaulieu |
| 9:30 AM – 10:30 AM | Slow Flow | Kendall Sheldon |
| 11:00 AM – 12:00 PM | Yin | Laura Mecham |
| 11:00 AM – 12:15 PM | Yoga for 50+ | Kendall Sheldon |
| 1:00 PM – 2:15 PM | Yoga 4 Cancer **[FREE CLASS]** | Amanda O'Connor |
| 4:30 PM – 5:30 PM | All Levels | Dee Carlino |
| 6:00 PM – 7:00 PM | Slow Flow | Michele Maker |
| **WEDNESDAY** | | |
| 6:30 AM – 7:30 AM | Awakening Sunrise Flow | Morgan Gould |
| 8:00 AM – 9:15 AM | Somatic Flow | Kerry Puniello |
| 9:00 AM – 10:00 AM | All Levels | Mel Gorman Wegimont |
| 9:00 AM – 10:00 AM | Vinyasa | Cathy Cesario |
| 10:00 AM – 11:45 AM | Basic Yoga + Meditation | Elsie Castro-Swonger |
| 11:00 AM – 12:00 PM | Stretch + Breathe | Mel Gorman Wegimont |
| 12:30 PM – 1:30 PM | **Donation Based** Community Yoga | [Various Instructors] |
| 2:15 PM – 3:15 PM | Qigong | Mark Butler |
| 4:30 PM – 5:30 PM | Stretch + Breathe | Susan DeSantis |
| 6:00 PM – 7:00 PM | Heated Vinyasa | Krissy Plunkett |
| 6:30 PM – 7:45 PM | Restorative | Rotating Teachers |
| **THURSDAY** | | |
| 6:30 AM – 7:30 AM | Awakening Sunrise Flow | Kristina DiSanto |
| 9:00 AM – 10:00 AM | Yin + Yang Yoga | Laura Mecham |
| 9:00 AM – 10:15 AM | Stretch + Breathe | Marjory Stevens |
| 9:00 AM – 10:15 AM | Gently Heated Slow Flow | Sheri Silva |
| 9:30 AM – 10:45 AM | Vinyasa | Amy Hagan |
| 11:00 AM – 12:15 PM | Yoga for 50+ | Amy Hagan |
| 11:00 AM – 12:45 PM | Basic Yoga + Meditation | Elsie Castro-Swonger |
| 4:30 PM – 5:30 PM | Core Flow | Janne Haugen |
| 5:30 PM – 6:30 PM | All Levels | Anna-Lisa Meyer |
| 5:45 PM – 7:00 PM | Yin | Rotating Teachers |

| Day/Time | Class Type | Instructor |
|---|---|---|
| **FRIDAY** | | |
| 8:30 AM – 9:30 AM | Heated Immersion | Shannon Walker |
| 9:00 AM – 10:00 AM | All Levels | Amy Hagan |
| 9:30 AM – 10:45 AM | Vinyasa | Mel Gorman Wegimont |
| 11:00 AM – 12:15 PM | Stretch + Breathe | Irene Pica |
| 11:00 AM – 12:00 PM | Yoga w/ Weights | Marjory Stevens |
| 12:30 PM – 1:30 PM | Chair Yoga [**FREE CLASS**] | [Various Instructors] |
| 4:30 PM – 5:30 PM | Friday Flow | Sheri Silva |
| **SATURDAY** | | |
| 8:15 AM – 9:15 AM | Gently Heated Yin | Janne Haugen |
| 8:30 AM – 9:30 AM | Vinyasa | Dr. David Dwyer |
| 9:30 AM – 10:30 AM | All Levels | Rachel Marinelli |
| 10:00 AM – 11:00AM | Core Flow | Nicole Wheeler |
| 11:00 AM – 12:00 PM | Stretch + Breathe | Candy Phelan |
| **SUNDAY** | | |
| 8:15 AM – 9:30 AM | All Levels | Tara Beaulieu |
| 9:30 AM – 10:45 AM | Yoga w/Weights | Marjory Stevens |
| 10:00 AM – 11:15 AM | Soul Sunday | Cathy Cesario |
| 4:30 PM – 5:30 PM | Slow Flow | Jodie Medeiros |
| 6:00 PM – 7:30 PM | Stretch + Breathe | Jodie Medeiros |

**Check our website for Pop-Up Classes, Sound Healing Sessions, Trainings + Special Events**

**YOGA SCHEDULE IS SUBJECT TO CHANGE**
**PLEASE CHECK OUR WEBSITE FOR THE MOST UP TO DATE SCHEDULE**
**ALLTHATMATTERSWELLNESS.ORG/YOGA**

**REACH OUT:**

**CALL 401.409.2121 | EMAIL: INFO@ALLTHATMATTERSWELLNESS.ORG**