YOGA SCHEDULE | SUMMER 2026

allthatmatterswellness.org/yoga

Day/Time	Class Type	Instructor
MONDAY		
8:15 AM – 9:15 AM	Yoga on the Beach*	Marjory Stevens
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
8:15 AM – 9:15 AM	Yoga on the Beach*	Cathy Cesario
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	Strengthen + Lengthen	Dee Carlino
6:00 PM – 7:00 PM	Slow Flow	Michele Maker
WEDNESDAY		
8:00 AM – 9:15 AM	Somatic Flow	Kerry Puniello
8:15 AM – 9:15 AM	Yoga on the Beach*	Susan DeSantis
9:00 AM – 10:00 AM	All Levels	Mel Gorman Wegimont
9:00 AM – 10:15 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	Vinyasa	Krissy Plunkett
THURSDAY		
6:30 AM – 7:30 AM	Awakening Sunrise Flow	Kristina DiSanto
8:15 AM – 9:15 AM	Yoga on the Beach*	Usha Bilotta
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

Day/Time	Class Type	Instructor
FRIDAY		
8:15 AM – 9:15 AM	Yoga on the Beach*	Tara Beaulieu
8:30 AM – 9:30 AM	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
5:00 PM – 6:00 PM	Gently Heated Quiet Flow	Usha Bilotta
SATURDAY		
8:15 AM – 9:15 AM	Yoga on the Beach*	Mel Gorman Wegimont
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 – 9:15 AM	Yoga on the Beach*	Michele Maker
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	Jen Gentile
6:00 PM – 7:30 PM	Stretch + Breathe	Jen Gentile

YOGA ON THE BEACH IS AT SOUTH KINGSTOWN TOWN BEACH, MATUNUCK BEACH ROAD IN SOUTH KINGSTOWN JUNE 13 THROUGH LABOR DAY, SEPTEMBER 7

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