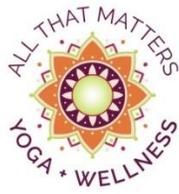


# YOGA SCHEDULE | WINTER 2026

[allthatmatterswellness.org/yoga](http://allthatmatterswellness.org/yoga)

Day/Time	Class Type	Instructor
<b>MONDAY</b>		
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
<b>TUESDAY</b>		
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 <b>[FREE CLASS]</b>	Amanda O'Connor
4:30 PM – 5:30 PM	Strengthen + Lengthen	Dee Carlino
6:00 PM – 7:00 PM	Slow Flow	Michele Maker
6:30 PM – 8:00 PM	Restorative	Morgan Huling
<b>WEDNESDAY</b>		
8:00 AM – 9:15 AM	Gently Heated Somatic Flow	Kerry Puniello
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	<b>Donation Based</b> 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
<b>THURSDAY</b>		
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
6:00 PM – 7:15 PM	Candlelight Flow + Sound Healing <b>(1x/month- please check schedule)</b>	Michele Maker
6:30 PM – 7:45 PM	Restorative	[Various Instructors]



<b>Day/Time</b>	<b>Class Type</b>	<b>Instructor</b>
<b>FRIDAY</b>		
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 <b>[FREE CLASS]</b>	[Various Instructors]
4:30 PM – 5:30 PM	Friday Flow	Sheri Silva
5:00 PM – 6:00 PM	Gently Heated Quiet Flow	Usha Bilotta
<b>SATURDAY</b>		
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	Jodie Vilardi
11:00 AM – 12:00 PM	Stretch + Breathe	Candy Phelan
<b>SUNDAY</b>		
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	Gently Heated Slow Flow	Jen Gentile
6:00 PM – 7:30 PM	Stretch + Breathe	Jen Gentile

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

**YOGA SCHEDULE IS SUBJECT TO CHANGE  
PLEASE CHECK OUR WEBSITE FOR THE MOST UP TO DATE SCHEDULE  
[ALLTHATMATTERSWELLNESS.ORG/YOGA](http://ALLTHATMATTERSWELLNESS.ORG/YOGA)**

**REACH OUT:**

**CALL 401.409.2121 | EMAIL: [INFO@ALLTHATMATTERSWELLNESS.ORG](mailto:INFO@ALLTHATMATTERSWELLNESS.ORG)**