



... moving body, mind & soul

Fall 2024

Weekly

<u>Sundays</u>	Yoga Flow with Sophie	10 - 11:15 a.m.
<u>Mondays</u>	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
<u>Tuesdays</u>	Yoga Unique to You with Nancy	6 - 7:15 p.m.
<u>Wednesdays</u>	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
<u>Thursdays</u>	Peaceful Heart Sangha	8 - 9:30 a.m.
	Spiral Dance Collective	6 - 7:30 p.m.
<u>Fridays</u>	Yoga for Seniors	1 - 2:30p.m.

Monthly

<u>2nd & 3rd Saturdays</u>	Gentle Vinyasa Flow with Nicole Hudson	9 - 10a.m.
	October 12 & 19	
<u>3rd Sundays</u>	Meditative Belly Dance with Josie Conte	1 - 2:30
	9/22, 10/20*(3 - 4:30), 11/17, 12/15	

New @ The Loudon Hill Center

<u>Wednesdays</u>	Wind Down Yoga for Kids with Liz Korson	6 - 7p.m.	
	6 weeks: 9/18 - 10/23		
	Inclusive Movement ages 4+ with Dalziel	4 - 4:45p.m.	Dates TBD
<u>Fridays</u>	Community Dance - All Ages with Dalziel	6 - 7p.m.	Dates TBD
<u>Saturday/Sunday</u>	Contemplative Dance Workshop with Alton Wasson		Dates TBD