



... moving body, mind & soul

Spring 2025

Weekly

<u>Mondays</u>	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
<u>Tuesdays</u>	All Levels Adult Yoga with Linda Yoga Unique to You with Nancy	10 - 11:15a.m. 6 - 7:15 p.m.
<u>Wednesdays</u>	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
<u>Thursdays</u>	Peaceful Heart Sangha Spiral Dance Collective	8 - 9:30 a.m. 6:15 - 7:45 p.m.
<u>Fridays</u>	Yoga for Seniors with Nancy	1 - 2:30p.m.

Monthly

<u>Mondays</u> <u>or Wednesdays</u>	The Connected Practice with Brenda Colfer & Tawnya Dixon Mon 4/28; Wed 5/28, Mon 6/30	10:30 - 12noon
<u>1st Sundays</u>	Authentic Movement Group Session	12:30 - 3p.m.
<u>Last Sundays</u>	Deep Relaxation with Christine Little	2 - 3:15

***** New @ The Loudon Hill Center *****

<u>Fridays</u>	Monthly Inclusive Movement for Adults 5/2 & 6/20	6:45 - 7:45 p.m.
<u>Friday, 4/25</u>	Chakra & Yoga Workshop with Nicole H.	4 - 5:30p.m.
<u>Friday, 6/30</u>	Spring Swing with Gena H.	5 - 6:30p.m.