

... moving body, mind & soul

Fall 2026

Weekly

Mondays	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
Tuesdays	All Levels Adult Yoga with Linda	10 - 11:15a.m.
	Yoga Unique to You with Nancy	6 - 7:30 p.m.
Wednesdays	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
Thursdays	Spiral Dance Collective with Christine	5:30 - 7:30p.m.
Saturdays	Yoga Flow with Linda	8:30 - 9:30a.m.
Sundays	Spiral Dance Collective with Christine	4 - 6:00p.m.

***** The Loudon Hill Center *****

Thursdays	Peaceful Heart Sangha	8 - 9:30 a.m.

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