



*... moving body, mind & soul*

Winter/Spring 2026

**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 - 7:30 p.m.
<u>Wednesdays</u>	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
<u>Thursdays</u>	Spiral Dance Collective with Christine	6:15 - 7:45p.m.
<u>Saturdays</u>	Yoga Flow with Linda	8:30 - 9:30a.m.
<u>Sundays</u>	Spiral Dance Collective with Christine	4 - 5:30p.m.

**Monthly**

<u>1st Sundays</u>	Authentic Movement 01/04, 02/01, 03/01, 04/05, 05/03	12:30 - 3
<u>Last Sundays</u>	Deep Relaxation with Christine 01/25, 02/22, 03/29	2 - 3:15p.m.

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

<u>Thursdays</u>	Peaceful Heart Sangha	8 - 9:30 a.m.
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