



*... 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<br>Yoga Unique to You with Nancy          | 10 - 11:15a.m.<br>6 - 7:30 p.m. |
| <u>Wednesdays</u> | Deepening Your Yoga with Nancy   | 6 - 7:30 p.m.                   |
| <u>Thursdays</u>  | Classical Pilates Mat with Caren<br>Spiral Dance Collective with Christine | 10 - 11a.m.<br>6:15 - 7:45p.m.  |
| <u>Fridays</u>    | Yoga Unique to You with Nancy  | 11 - 12:15p.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<br>01/04, 02/01, 03/01, 04/05, 05/03             | 12:30 - 3    |
| <u>Last Sundays</u> | Deep Relaxation with Christine<br>01/25, 02/22, 03/29, 04/26, 05/31 | 2 - 3:15p.m. |

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

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