



... moving body, mind & soul

Summer 2026

Weekly

<u>Mondays</u>	Deepening Your Yoga with Nancy	6 - 7:30 p.m.
<u>Tuesdays</u>	All Levels Adult Yoga with Linda	10 - 11:15a.m.
	Yoga Unique to You with Nancy	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.

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

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