



www.yogaeast.org



October 2018 Schedule

Yoga East Membership

(\$96 auto-debit)

includes ALL classes on the schedule.

★G, Level 1 or 1-2 recommended for NEW students

✘ 2-3, 3 NOT for beginners or students with injuries.

All classes are 75 minutes unless noted.

EAST END STUDIO 2226 Holiday Manor Shopping Center - The Walk Phone or text Catherine 502-424-5554		
Monday		
9:30 am	★\$10 Chair Yoga Hour G	Catherine Followell
9:30 am	★Hatha Yoga 1-2	Christiane Tawfik
11:00 am	★Gentle Yoga G	Tricia Nelson
6:00 pm	★Hatha Yoga 1-2	Anne K/B Andriot
6:00 pm	★Prenatal Yoga 1	Nikki Wolff
Tuesday		
9:30 am	✘Yoga Flow 2	Kara P/Catherine F
11:00 am	★Hatha Yoga 1	Kara P/Catherine F
4:30 pm	✘Yoga Flow 2	Paul Long
6:00 pm	★Hatha Yoga 1-2	Paul Long
Weds		
9:30 am	★\$10 Chair Yoga Hour G	Catherine Followell
9:30 am	★Hatha Yoga 1-2	Anne K/Paul L
11:00 am	★Gentle Yoga G	Anne K/Karen S
6:00 pm	★Yoga Flow 1-2	Jamie T/Susan R
6:00 pm	Kettlebells for Yoga	Steven McGuire
Thursday		
9:30 am	✘Yoga Flow 2	Rachel Torres
11:00 am	★Gentle Yoga G	Becky Thompson
6:00 pm	★Sivananda Yoga 1-2 90min	Susan Reid
Friday		
9:30 am	★Hatha Yoga 1-2	Anne Borders
11:00 am	★Gentle Yoga G	Anne Borders
6:00 pm	★\$10 Community Yoga 1-2	Susan Rudy
Saturday		
10:00 am	★Hatha Yoga 1-2	Paul Long
11:30 am	★\$10 Pranayama G (60 min)	Paul Long
Sunday		
10:00 am	★Hatha Yoga 1-2	Anne K/Suzette TC
2:00 pm	★Hatha Yoga 1-2	Gul Marshall

ST MATTHEWS STUDIO 115 Wiltshire Avenue Phone or Text Susan 502-523-8020		
Monday		
10:00 am	★Gentle Yoga G	Anne K/Susan R
4:30 pm	★\$10 Community Yoga 1-2	Doug Van Houten
6:15 pm	★Sivananda Yoga 1-2 90min	Susan Reid
Tuesday		
10:00 am	★Hatha Yoga 1-2	Becky Thompson
5:00 pm	✘Yoga Flow 1-2	Kara P/Amie T
6:30 pm	Pilates Mat Class 60 min	Kara P/Jamie T
6:30 pm	✘Advanced Yoga Flow 3-4*	Shaali Singogo
	*Begins October 9	
Weds		
10:00 am	★Sivananda Yoga 1-2 90min	Susan Reid
4:30 pm	★Yoga Flow 1-2	Emily Smith
6:15 pm	★Gentle Yoga G	Denise Ford
Thurs		
10:00 am	★Hatha Yoga 1-2	Brian Andriot
5:00 pm	✘Yoga Flow 1-2	Kara P/Shaali S
6:30 pm	Pilates Mat Class 60 min	Kara P/Jamie T
Friday		
10:00 am	✘Core Strength Yoga 2	Susan Reid
12:00 pm	★\$10 Gentle Yoga G	Trish Barrett
4:00 pm	✘Ashtanga Yoga 2-3	Kate Mattingly
6:30 pm	✘Yoga Flow 1-2	Amy Defigueiredo
Saturday		
9:45 am	★Sivananda Yoga 1-2 90min	Susan Reid
11:30 am	★Hatha Yoga 1	Susan Reid
Sunday		
9:45 am	✘Core Strength Yoga 2	Susan Reid
12:00 pm	★\$10 Beginning Yoga 1	Erin Kinnetz

HIGHLANDS STUDIO 1125 E Kentucky Street Phone (no text) Laura 502-585-9642		
Monday		
5:45-7:00	Ashtanga (Mysore) 1-2-3	Alex Turner
7:00-8:15	Ashtanga (Mysore) 1-2-3	Erin Cronin
11:00 am	★Hatha Yoga 1-2	Brian Andriot
6:00 pm	★Hatha Yoga 1-2	Allison L/Steven M
Tuesday		
5:45-7:00	Ashtanga (Mysore) 1-2-3	Catherine Followell
7:00-8:15	Ashtanga (Mysore) 1-2-3	Niki Parsons
6:15 pm	★Hatha Yoga 1-2	Anne Borders
Weds		
5:45-7:00	Ashtanga (Mysore) 1-2-3	Kate Mattingly
7:00-8:15	Ashtanga (Mysore) 1-2-3	Alex Turner
11:15 am	★\$5 Gentle Yoga G	Leroy Chittenden
6:00 pm	★Hatha Yoga 1-2	Brian Andriot
Thursday		
5:45-7:00	Ashtanga (Mysore) 1-2-3	Erin Cronin
7:00-8:15	Ashtanga (Mysore) 1-2-3	Gail Minotti
4:30 pm	✘Yoga Flow 2	Paul Long
6:00 pm	★Hatha Yoga 1-2	Paul Long
Friday		
6:00 am	✘Ashtanga Led (Mys) 2-3	Erin Cronin
Saturday		
10:30 am	★Hatha Yoga 1-2	Kim E/Steven M
12:00 pm	Kettlebells for Yoga Hour	Steven McGuire
1:15 pm	★Hatha Yoga 1	Richard Applegate
Sunday		
7:30 am	✘Ashtanga Led (Mys) 2-3	Mysore Staff
10:30 am	✘Beginning Ashtanga 2	Caroline Heine
1:00 pm	★Free Intro to Yoga 1	New Teachers

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Classes are subject to change without notice. Check our website for the current schedule, studio desk hours, and special classes and workshops - www.yogaeast.org.