

APRIL 2024 SCHEDULE



YOGA EAST



| HOLIDAY MANOR LOCATION 2226 Holiday Manor Center 40222 | | |
|---|-----------------------------------|-------------------|
| Monday | | |
| 9:15-10:30 am | Hatha Yoga | Brian Andriot |
| 11:00-12:15 pm | Gentle Yoga | Tricia Nelson |
| 1:00-1:45 pm | \$10 Chair Yoga | Karen Sorgel |
| 6:00-7:15 pm | Hatha Yoga | Erin Kinnetz |
| Tuesday | | |
| 7:45-9:00 am | Ashtanga for Everyone | Laura Spaulding |
| 9:15-10:30 am | Hatha Yoga | Laura Spaulding |
| 11:00-12:15 pm | Gentle Yoga | Angela Weisser |
| 5:30-6:45 pm | Hatha Yoga | Susan Reid |
| Wednesday | | |
| 9:15-10:30 am | Hatha Yoga | Sarah Neal |
| 11:00-12:15 pm | Gentle Yoga | Niki Parsons |
| 1:00-1:45 pm | \$10 Chair Yoga | Janet Cuthrell |
| 6:00-7:15 pm | \$15 Yoga for NEW Students | Jeni Best |
| Thursday | | |
| 7:45-9:00 am | Ashtanga for Everyone | Niki Parsons |
| 9:15-10:30 am | Hatha Yoga | Susan Reid |
| 11:00-12:15 pm | Gentle Yoga | Christiane Tawfik |
| 12:30-1:30 pm | Pilates Mat Class | Becky Duncan |
| 5:30-7:00 pm | Sivananda Yoga | Susan Reid |
| Friday | | |
| 9:15-10:30 am | Hatha Yoga | Anne Borders |
| 11:00-12:15 pm | Gentle Yoga | Susan Rudy |
| 6:00-7:15 pm | \$15 Yoga for NEW Students | Susan Rudy |
| Saturday | | |
| 9:30-10:45 am | Ashtanga for Everyone | Karen Cairns |
| 10:00-11:15 am | Hatha Yoga | Susan Reid |
| Sunday | | |
| 10:00-11:15 am | Hatha Yoga | Anne Borders |

| KENTUCKY STREET LOCATION 1125 E Kentucky Street 40204 | | |
|---|-------------------------------|---------------------|
| Monday | | |
| 6:00-7:30 am | Mysore Ashtanga + Zoom | Laura Spaulding |
| 7:45-8:45 am | Pilates Mat Class | Ashley Thursby-Kern |
| 6:00-7:15 pm | Hatha Yoga | Anne Borders |
| Tuesday | | |
| 6:00-8:30 am | Mysore Ashtanga + Zoom | Kay S / Jude V |
| 6:00-7:15 pm | Hatha Yoga | Brian Andriot |
| Wednesday | | |
| 6:00-8:30 am | Mysore Ashtanga + Zoom | Laura S / Jude V |
| 8:30-9:30 am | Sanskrit & Chanting | Laura Spaulding |
| 6:00-7:15 pm | Rope Wall Yoga | Susan Reid |
| Thursday | | |
| 6:00-8:30 am | Mysore Ashtanga + Zoom | Gail M / Jude V |
| 6:00-7:15 pm | Hatha Yoga | April Madole |
| Friday | | |
| 6:15-7:30 am | Led Ashtanga + Zoom | Laura Spaulding |
| 7:45-8:45 am | Pilates Mat Class | Ashley Thursby-Kern |
| Saturday | | |
| 8:30-10:00 am | 200 Hr Humanities | Laura Spaulding |
| 10:15-11:45 am | 200 Hr Yoga Alignment/Details | Laura Spaulding |
| 12:00-1:00 pm | Kettlebells for Yoga | Laura Spaulding |
| 1:30-3:00 pm | 200 Hr Art of Teaching | Laura Spaulding |
| 3:15-4:45 pm | 200 Hr How Yoga Works | Laura Spaulding |
| Sunday | | |
| 7:30-9:00 am | Led Ashtanga + Zoom | Laura S / Jude V |
| 9:15-10:15 am | 200 Hr Pranayama/Meditation | Laura Spaulding |
| 10:30-11:45 am | Hatha Yoga | Erin Kinnetz |
| See the online schedule for meeting dates of Saturday and Sunday 200 Hour Teacher Training Jan-Dec 2024. | | |
| If you're interested in Mysore-Style Ashtanga classes, contact Laura Spaulding at the number below. | | |

For current pricing and our most up-to-date class & workshop schedules go to <https://yogaeast.org>.
Classes are subject to change without notice.

Questions? Call or Text
Laura Spaulding: 502-585-2070
or Susan Reid: 502-523-8020

Notice of Nondiscriminatory Policy As To Students

Yoga East, Inc. is a 501(c)(3) non-profit educational organization and admits students without discrimination on the basis of race, creed, color, national or ethnic origin, gender, age, religion, sexual orientation or gender identifications. Donations to Yoga East are tax-deductible charitable donations and support our scholarships and community programs.