



QUIET MIND STUDIO

summer2010

SCHEDULE OF CLASSES

massage therapies

DEEP TISSUE
HOT STONE
RELAXATION
PREGNANCY
REFLEXOLOGY
REIKI
FACIAL TREATMENTS
THAI YOGA BODYWORK
COMMUNITY ACUPUNCTURE
ACUPRESSURE MASSAGE

yoga classes

IYENGAR YOGA
RESTORATIVE YOGA
PRENATAL YOGA
GENTLE STRETCH YOGA
KIDS' YOGA



508.349.2429 • quietmindstudio.com
95 COMMERCIAL STREET, WELLFLEET, MASS.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
IYENGAR YOGA 8:30a / Zack	IYENGAR YOGA 7a / Zack	IYENGAR YOGA 7a / Zack	YOGA 7a / Lee	IYENGAR YOGA 7a / Zack	IYENGAR YOGA 7a / Zack	YOGA 8:30a / Lee
	IYENGAR YOGA 9a / Zack	IYENGAR YOGA 9a / Zack	PILATES 9a / Myya	GENTLE STRETCH YOGA 9a / Patty	IYENGAR YOGA 9a / Zack	
	COMMUNITY ACUPUNCTURE 11a / Shoba		COMMUNITY ACUPUNCTURE 11a / Shoba	COMMUNITY ACUPUNCTURE 11a / Shoba	COMMUNITY ACUPUNCTURE 11a / Shoba	
	GENTLE STRETCH YOGA 5:30p / Patty	KIDS' YOGA ALL AGES 4p / Genie	KIDS' YOGA ALL AGES 4p / Genie	KIDS' YOGA ALL AGES 4p / Genie	RESTORATIVE YOGA 5:30p / Lee	
	IYENGAR YOGA 5:30p / Zack	KRIPALU YOGA 5:30p / Dierdre				



- this summer:**
- ❖ **Iyengar Yoga with Sharon Conroy:** July 9, 10
 - ❖ **Karin Stephan:** August 6, 7
 - ❖ **Journey Dance with Rebecca Arnoldi:** Dates TBA

Please contact the studio to register for events or visit the website for event information and class descriptions.

508.349.2429 | quietmindstudio.com

Summer 2010
Yoga classes
 effective JUNE 21 to SEPTEMBER 12