

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>IYENGAR YOGA MIXED LEVEL 8:30a / Zack</p>	<p>IYENGAR YOGA I 8a / Zack</p> <p>COMMUNITY ACUPUNCTURE 11a / Shoba & Hania</p> <p>IYENGAR YOGA MIXED LEVEL 5:30p / Lee</p>	<p>CHI KONG 9:30a / Mary</p> <p>KIDS' YOGA ALL AGES 4p / Genie</p> <p>INTRODUCTION TO IYENGAR YOGA 5:30p / Zack</p>	<p>IYENGAR YOGA II <i>at the Life Center</i> IN ORLEANS 7:30a / Zack</p> <p>MEDITATION 101 6p / Hania</p>	<p>GENTLE STRETCH 9a / Patty</p> <p>RESTORATIVE IYENGAR YOGA 5:30p / Zack</p>	<p>IYENGAR YOGA II (2-HOUR CLASS) 7:30a / Zack</p> <p>COMMUNITY ACUPUNCTURE 11a / Shoba & Hania</p> 	<p>IYENGAR YOGA MIXED LEVEL 8:30a / Lee</p>

winter 2010
yoga classes
effective JANUARY 10 to APRIL 4

don't miss: ❖ **Anatomy Trains**
with Eli Thompson
January 15-17

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

508.349.2429 | quietmindstudio.com



QUIET MIND STUDIO

winter2010

SCHEDULE OF CLASSES

yoga classes

IYENGAR YOGA
RESTORATIVE YOGA
PRENATAL YOGA
KIDS' YOGA

massage therapies

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



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