

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**QUIET MIND YOGA**  
8:30a / Zack

**QUIET MIND YOGA**  
8a / Zack

**COMMUNITY  
ACUPUNCTURE**  
11a / Shoba

**QUIET MIND YOGA  
TEACHER TRAINING**  
5p / Zack

**QUIET MIND YOGA**  
8a / Zack  
*(AT THE LIFE CENTER IN ORLEANS)*

**KIDS' YOGA  
ALL AGES**  
3:45p / Genie

**INTRO TO QUIET  
MIND YOGA**  
5:30p / Zack

**BAREFOOT  
ACTING CLASS**  
7:15p / McNeely

**QUIET MIND YOGA**  
8a / Zack  
**GENTLE STRETCH YOGA**  
9:30a / Patty

**COMMUNITY  
ACUPUNCTURE**  
11a / Shoba

**YOGA**  
8:30a / Lee

**RESTORATIVE YOGA**  
5:30p / Lee



winter 2012  
**Yoga classes**  
effective JANUARY 2  
to MARCH 25

→ **UPCOMING EVENTS**

**March 2-4**

*Anatomy Trains for Movement Therapists*

**October 2012-May 2013**

*Quiet Mind Yoga Teacher Training w/ Zack Dixon*

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

**508.349.2429 | quietmindstudio.com**