

jan 1 - may 6

monday

Mindful Yoga
8:15-9:30, Christine

Vinyasa I/II
12-1, John

Community Class
4:30-5:30, Jamie

Vinyasa I
4:30-5:30, Erika

Vinyasa II
5:45-7:15, Christine

Iyengar
Fundamentals
5:45-7:15, Lydia

Vinyasa I/II
7:30-8:30, Jamie

tuesday

*Kripalu Gentle
8:15-9:30, Martha

Feldenkrais
9:30-10:30, Uwe

Vinyasa I/II
12-1, Erika

Pre-Natal
4-5:30, Susan

Yoga Alignment
4:30-5:30, Janet

Vinyasa II
5:45-7:15, John

Yoga for the
Inflexible
5:45-7, Scott

Core Vinyasa I/II
7:30-8:30, Danielle

wednesday

Iyengar I/II
8-9:30, Lydia

Vinyasa I/II
12-1, Christine

Community Class
4:30-5:30, Michele

Vinyasa I/II
5:45-6:45, Christine

Feldenkrais
7-8, Uwe

Vinyasa I
7:15-8:15, John

thursday

*Kripalu I/II
6:45-8, Martha

Free Meditation
8:15-8:45, Martha

*Kripalu I/II
9-10:15, Martha

Vinyasa I/II
12-1, Susan

Post-Natal
1:15-2:30, Morgan

Community Class
4:30-5:30, Alison

Pre-Natal
5:45-7:15, Susan

Vinyasa I/II
5:45-7, Danielle

Vinyasa II
7:30-8:30, Jamie

friday

Vinyasa I/II
7-8, John

Anusara I/II
9-10:30, Margaret

Vinyasa I/II
12-1, Bill

\$5 Fridays
2nd Fridays are CircusYoga
4:30-5:30, Christine

Tao Yin Yoga
5-6, Scott

3rd Fridays
CircusYoga
6-7:30, Christine

saturday

Iyengar I/II
8-9, Lydia

Vinyasa I/II
9:05-10:30, Christine

Core Vinyasa I/II
10:45-12, Danielle

sunday

Vinyasa II
8:30-10, John

Guided Meditation
(Donation)
8:30-9, Andrea

Anusara-Insp. I/II
9-10, Andrea

Pre-Natal
10:05-11:30, Susan

Vinyasa II
10:30-12, John

Post-Natal
12:15-1:30, Susan

Anusara-Insp. I/II
3-4, Andrea

Vinyasa I/II
4:30-6, Sugar

De-Stress Yoga
4:30-5:30, Anneke

Free Community
Mindfulness Practice
6:30-8:30

evolution yoga

20 kilburn street burlington, vt
802.864.9642 evolutionvt.com

Unlimited Class Cards:

1 Year: \$100/month
6 Months: \$110/month
3 Months: \$120/month
1 Month: \$130

pricing

single class \$14
10 class card \$130
community class \$5-\$10

*pre-registration optional

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2012



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