

## monday

GENTLE  
KRIPALU  
8:15-9:30  
Annette

VINYASA/YIN  
12:15-1:15  
Steph

YOGA WALL  
4:45-5:45  
Andrea

COMMUNITY  
4:30-5:30  
Morgan

COMMUNITY\*  
7:15-8:15  
Devin

## tuesday

GENTLE  
KRIPALU  
8:15-9:30  
Martha

YOGA  
THERAPEUTICS  
NECK &  
SHOULDERS  
12:15-1:15  
Alison

INTERMEDIATE  
THERAPEUTICS  
SPINE & HIPS  
4:30-5:30  
Janet

VINYASA I/II  
5:45-7  
Kim

## wednesday

KRIPALU I/II  
7-8  
Annie/Jane

VINYASA/YIN  
12:15-1:15  
Morgan

COMMUNITY  
4:30-5:30  
Emma

YOGA WALL  
5:45-7  
Meg

COMMUNITY  
FOR HAITI\*  
7:15 -8:15  
Teachers-in-  
Training

BURLINGTON  
KIRTAN\*  
7:30-9

## thursday

KRIPALU I/II  
7-8  
Martha

MEDITATION\*  
8:15-8:45  
Martha

KRIPALU I/II  
9-10:15  
Martha

YOGA  
THERAPEUTICS  
HIPS  
12:15-1:15  
Alison

BEGINNER  
4:30-5:30  
Jamie

VINYASA I/II  
5:45-7  
Gaby

COMMUNITY\*  
7:15-8:15  
Devin

## friday

VINYASA I/II  
7-8  
Adam

YOGA WALL  
12:15-1:15  
Michelle

COMMUNITY  
4:30-5:30  
Krista

## saturday

BEGINNER  
7:45-8:45  
Rachel

VINYASA I/II  
9-10:15  
Brian

## sunday

VINYASA I/II  
8:45-10  
Hanna

BEGINNER  
9-10  
Kate

SLOW FLOW  
10:30-11:45  
Kate

DE-STRESS  
4:30-5:30  
Patrick

SWEAT &  
SURRENDER  
5:45-7  
Kim

COMMUNITY  
MINDFULNESS  
PRACTICE\*  
6:30-8:30

## trainings

YOGA FOR LIFE  
WINTER/SPRING  
MODULE  
Jan 1 - Apr 30

- Unlimited Drop-in Classes
- 8 Saturday Workshops
- Mentorship

dive deeper into  
your practice!

200 HOUR  
YOGA TEACHER  
TRAINING  
Oct 2019 - May 2020

- Faculty of Health Professionals
- 8 Weekends

VSAC Non-degree  
grants accepted!



evolution  
PHYSICAL THERAPY + YOGA

### pricing

community \$5  
single class \$15  
10-class card \$140  
\* free/donation

### unlimited

membership \$99/month  
one month unlimited \$130

## evolution

winter/spring 2019  
january 2 - may 31

evolutionvt.com

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