

monday

YOGA ON THE LAKE

7-8
Rachel

FLOW/YIN
12:15-1:15
Annie

COMMUNITY
4:30-5:30
Morgan

COMMUNITY
7:15-8:30
Devin

tuesday

KRIPALU
GENTLE
8:15-9:30
Martha

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

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

KAIUT YOGA
5:45-6:45
Julia

YOGA AT
OAKLEDGE
PARK
7:15-8:15
Gaby

wednesday

YOGA ON
THE LAKE
7-8
Jane

FLOW
12:15-1:15
Sasha

COMMUNITY
4:30-5:30
Morgan

YOGA WALL
5:45-7
Meg

FLOW
7:15-8:15
Zach

thursday

YOGA
AT SMALLLEY
PARK
7-8
Zach

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
Patrick

FLOW
5:45-7
Gaby

COMMUNITY
7:15-8:30
Devin

friday

YOGA ON
THE LAKE
7-8
Adam

YOGA WALL
12:15-1:15
Michelle

COMMUNITY
4:30-5:30
Krista

saturday

YOGA ON
THE LAKE
7:30-8:30
Rachel
(starts June 8)

VINYASA
9-10:15
Brian

sunday

FLOW
8:45-10
Kate

BEGINNER
10:15-11:15
Kate

DE-STRESS
4:30-5:30
Patrick

FLOW AND
RESTORE
6-7:15
Sasha

COMMUNITY
MINDFULNESS
PRACTICE*
6:30-8:30

trainings

200 HOUR YOGA TEACHER TRAINING

Oct 2019 - May 2020

- Integrate modern science, functional anatomy, and the ancient wisdom of yoga
- Faculty Of Health Professionals
- 8 Weekends

VSAC Non-degree grants accepted!

YOGA FOR LIFE FALL MODULE

Sept 1 - Dec 31

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

div deeper into your practice!

evolution

summer 2019

june 1 - august 31

evolutionvt.com

8 0 2 . 8 6 4 . 9 6 4 2
20 kilburn st, burlington



evolution

PHYSICAL THERAPY + YOGA

off-site locations

blue classes held at Community Sailing Center, rain or shine!

red classes held at designated park, rain location at Evolution

pricing

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

unlimited

membership \$99/month
one month unlimited \$130
summer pass \$250

