



# Winter Session\*

January 1, 2012 - February 29, 2012

## Namasté Yogis!

### MONDAY

Bliss Yoga I	11:00 - 12:15 pm	Pam
Bliss Yoga I	5:30 - 6:45 pm	Barb
Bliss Yoga II	7:00 - 8:15 pm	Barb

### TUESDAY

Bliss Yoga I	9:00 - 10:15 am	Carey
Bliss Yoga II	10:30 - 11:45 am	Carey
Hot Funky Flow Yoga	5:30 - 6:45 pm	Carey
Bliss Yoga I	7:00 - 8:15 pm	Carey

### WEDNESDAY

Bliss Yoga II	9:00 - 10:15 am	Jaala
Bliss Yoga I	11:00 - 12:15 pm	Pam
Bliss Yoga II	5:30 - 6:45 pm	Charlie
Yoga with a Kick	7:00 - 8:15 pm	Charlie

### THURSDAY

Bliss Yoga I	9:00 - 10:15 am	Nicole
Bliss Yoga II <b>NEW!</b>	10:30 - 11:45 am	Carey or Nicole
Hot Funky Flow Yoga	4:30 - 5:45 pm	Carey
Bliss Yoga II	6:00 - 7:15 pm	Jaala

### FRIDAY

Movin' Groovin'	<b>9AM Movin' Groovin Vinyasa</b>	<b>CANCELLED</b>	<b>UNTIL SPRING</b>
Bliss Yoga II	<b>5:30PM Bliss Yoga II</b>	<b>CANCELLED</b>	<b>UNTIL SPRING</b>

### SATURDAY

Newbie Yoga with Cecelia	8:30 - 9:45 am	Cecelia
Bliss Yoga II	10:00 - 11:15 am	Charlie

### SUNDAY

Free Community Yoga	1:00 - 2:15 pm	Nicole
---------------------	----------------	--------

Lakeshore Yoga Center • 715 1/2 Washington • Grand Haven • [lakeshoreyoga.com](http://lakeshoreyoga.com)  
616.844.1900

\*Beginning March 1, 2012, all sessions will be scheduled on a monthly basis.