**SEVA YOGA WEEKLY SCHEDULE**



**Pre-Registration Required for All Classes! Register at** [**www.sevayoganh.com**](http://www.sevayoganh.com)



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| --- | --- | --- | --- | --- | --- | --- | --- |
| Time | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | Saturday |
| 6:30 am |  | Vinyasa Flow w/Cathy |  | Hatha  w/Cathy |  | Vinyasa Flow  w/Cathy |  |
| 8:00 am |  | Core and More  w/ Cathy |  |  |  | Hatha Pump w/Cathy |  |
| 9:00 am |  | Vinayasa w/  Cathy | Stability &  Mobility w/  Jennifer | 8:45  Hatha Yoga  w/Cathy | Power Yoga  w/Amanda | Hatha Yoga  w/Cathy | Yoga Strength  w/Cathy |
| 10:15 am | Hatha  w/Cathy |  | Hatha Yoga w/Amanda | 10:00 Chair Yoga w/Cathy | Restorative Yin Yoga w/Amanda |  |  |
| 11:15 am |  |  |  | 11:00 PRIVATE CLASS:  Area Org. |  |  |  |
| 12:00 pm |  |  |  |  |  |  |  |
| 12:30 pm |  | PRIVATE  CLASS:  MONARCH |  |  |  |  |  |
| 4:00 pm |  | Soft to Strong Flow  w/Emily (75 min) |  |  |  |  |  |
| 5:30pm |  | Yin Yoga  w/Emily (75 min) | Qigong  w/David | Vinyasa w/ Suanne | 5:00 Soft To Strong Flow  w/ Emily (75 min) | Monthly Offering:  YogaNidra +  5:30 – 7:00 PM |  |

**PURPLE: WEEKLY CLASSES INCLUDED IN MONTHLY MEMBERSHIP RED: OFFERED MONTHLY/INCLUDED IN MEMBERSHIP**

**BLACK: PRIVATE CLASSES FOR SPECIAL GROUPS PLUS….ALL FRIDAY CLASSES ARE PAY WHAT YOU LIKE…DONATIONS TO OUR PLACE NH**