



LIVE YOGA: SUMMER 2021

JUNE & JULY

ONLINE & IN-PERSON

YOGA FOR ALL

OUTDOOR DECK OFFERINGS:

MONDAYS: 930AM-1030AM*
TUESDAYS: 6PM-7PM*
WEDNESDAYS: 630-730PM*
THURSDAYS: 6PM-7PM*
SUNDAYS: 9AM-10AM*

*REGULAR/DAILY 60-MINUTE
CLASSES ARE MIXED LEVELS
ASANA VINYASA LED BY
PIPPA DORFMAN. TUESDAYS
6/22 & 29, 7/20 & 27 ARE
SPECIALTY OFFERINGS WITH
WENDY LAWNECE, PT & CYT

>KIDS YOGA: THURSDAY MORNINGS 9 & 1015 (NO CLASS JULY 1)

>WORKSHOPS W/ ALYX SELLARS: SATURDAYS JULY 17TH &
31ST 8:30-10AM & SUNDAYS JUNE 20TH 5:30PM & AUGUST 8TH
530PM

>WORKSHOPS W/ LYN SELLARS: SUNDAYS JUNE 13TH & JULY
18TH 5:30-7:15PM

ALL DECK OFFERINGS REQUIRE REGISTRATION (FREE) ONLINE,
PLEASE BRING DONATION, MAT/PROPS WITH YOU.

SUMMER SOLSTICE CELEBRATION:
5:30PM, SUNDAY JUNE 20TH!

VIRTUAL CLASSES:

ZOOM ID: 813 9618 0129

MONDAYS 9:30A, WEDNESDAYS 630P
& SATURDAYS 7AM

UNLIMITED
ONLINE
ATTENDANCE
STARTS AT \$30!

CONTACT:

SACREDINTHEROUND@GMAIL.COM

REGISTRATION: STEPPINGSTONEYOGA.COM

