



STEPPING STONE YOGA

MAY 2020 SCHEDULE

ALL CLASSES ARE BROADCAST LIVE ONLY
UNTIL QUARANTINE ORDER IS LIFTED

INQUIRIES: (802) 323-9555
REGISTRATION REQUIRED

DAY.	CLASS.	TIME. TEACHER.
Su	Gentle Yoga & Meditation Yin Yoga* *Earth 10th & Water 24th	<u>8:30am</u> -9:30am Pippa <u>4:00pm</u> -5:30pm Pippa (2nd & 4th Sunday)
M	Rocket/Ashtanga Broga (guys only)	<u>5:15pm</u> -6:30p Leigh <u>6:45pm</u> -7:50p Leigh
T	Asana Vinyasa Intro to Stick Yoga Healing Core Yoga	<u>7:30am</u> -8:30am Pippa <u>9:00am</u> -9:45am Pippa <u>5:30pm</u> -6:30pm Pippa
W	Asana Vinyasa Lunar Yoga for Girls + Women* Vinyasa *Next Lunar Yoga series 5/22-6/12... register online for series in-full	<u>7:30am</u> -8:30am Pippa <u>4:00pm</u> -5:15pm Pippa (this series ends 5/13) <u>5:30pm</u> -6:45pm Jenny
Th	Asana Vinyasa Asana Vinyasa	<u>7:30am</u> -8:30am Pippa <u>6:00pm</u> -7:00pm Pippa
F	Asana Vinyasa Lunar Yoga (22nd & 29th) Restore, Relax, Release.	<u>9:30am</u> -10:30am Pippa <u>5:00pm</u> -6:15pm Pippa (Last 2 Fridays) <u>7:00pm</u> -8:00pm Pippa
Sa	We encourage a day of rest from the digital world... See you on Sunday.	

TO PRACTICE WITH US FROM THE COMFORT OF YOUR HOME
for the month of MAY:

- 1.Create a simple & free account with Zoom.us;
- 2.Register for a class to receive the online link at:

STEPPINGSTONEYOGA.COM
INQUIRIES: SACREDCIRCLESCHOOL@GMAIL.COM

