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Getaways

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YOGA

New Fall Schedule starts Tuesday, 9/2!
Many New Classes including:

- Prenatal Yoga - Sun. 11:30 - 1pm
- Beg./Cont. - Anusara - Mon. 6 - 7:30pm
- Qigong - Mon. 6:30 - 7:45pm
- Postnatal Yoga (mama/baby) - Tues. 10-11am
- Yoga Plus Series Tues. 11:30 - 1:15pm, starts 9/16
- Beginning Series Tues. 5:45 - 7:15pm
- Yoga Therapy Series Sat. 9:30 - 11am starts 9/13

Yoga for Children
Ages 5-12, Thurs. 4:15 - 5:15pm starts 9/25

Check our web site for up-to-date class information.

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