



Come Celebrate Our

FIRST 100 DAYS



on March 12 & 13th

SCHEDULE OF FREE EVENTS & CLASSES

This is going to be a fun weekend! Sign up online to save your spot.

Please only sign up for classes you will attend.

SATURDAY, MARCH 12TH

10:00 - 1:00PM	Shiatsu Chair Massage by Roger Wood, Harvard Sq. Shiatsu, Crane & Lion yoga apparel, Juice from Nourish Your Soul, Dosha Bar Live Music – Acoustic Guitar by Matt Hanna in select classes
8:30 - 9:45AM	Level 1 Flow with Eliza
9:30 - 10:45AM	Basic Flow Fundamentals with Anette
10:30 - 11:45AM	Level 2 Flow to Live Music with Mary
11:30 - 12:45PM	Yoga for Runners & Cyclists (Level 1 & up) with Caitriona
1:30 - 2:45PM	Explore Standing Poses (Level 1/2) with Sharon
1:30 - 2:45PM	Handstands 101 (Level 1/2) with Cathleen
3:00 - 4:30PM	Restorative – Gentle Yoga to Live Music with Liz Reiser

SUNDAY, MARCH 13TH

	Live Music – Acoustic Guitar by Matt Hanna in select classes
9:30 - 10:45AM	Learning Sun Salutation A (All levels) with Anette
10:30 - 11:45AM	Understanding Yoga Flow Transitions (Level 1/2) with Mary
11:30 - 12:45PM	Yoga for Athletes (Level 1/2) to Live Music with Natalie
1:00 - 2:15PM	Learn the Ropes (Level 1 & up) with Liz Padula and Eliza
2:00 - 3:00PM	Family Yoga – Parents & Kids – Grades K-5 with Amy and JoAnne
4:00 - 5:15PM	Restorative – Gentle Yoga to Live Music with Liz Reiser

Classes are free but we will be having a raffle and funds will go the local Watertown Boys & Girls Club and the local Food Pantry.



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