



Goshen 108 Yoga Studio

Spring 2019 Schedule

January 28 - May 3

Special classes during Finals week

Class Formats:

Gentle - slower pace, all levels, beginners.

Gentle Restorative - 30 min gentle postures + 30 minutes of Restorative postures.

Slow Vinyasa Flow - slow, flowing postures linked with breath, all levels.

Vinyasa - a moderately paced class, all levels

Dynamic Strength - a class for the seasoned yoga practitioner, not suitable for beginners

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
7:00 AM- 1:00 PM Reserved for Academic Classes	9:30 AM - 4:30 PM Reserved for Academic Classes	8:00 AM- 1:00 PM Reserved for Academic Classes	9:30 AM - 4:30 PM Reserved for Academic Classes	8:00 AM- 1:00 PM Reserved for Academic Classes
Vinyasa Yoga Annalee (YTT) 2-3 PM	Faculty/Staff Gentle Restorative Alison (YF) 4:45-5:45 PM	Faculty/Staff Vinyasa Yoga Lori (YF) 4:45- 5:45 PM	Slow Vinyasa Flow Kat (YTT) 4:00-5:00 PM	2:00-3:00 PM Reserved for Yoga w/ Women's Volleyball
Gentle Yoga Emelie (YTT) 7-8 PM	Gentle Yoga Jessica T(YTT) 6-7 PM	Dynamic Strength Vinyasa Jess S (YTT) 6-7:15 PM	Gentle Yoga Brielle (YTT) 7:15-8:15 PM	Gentle Yoga Victoria (YTT) 3:15-4:15PM
	7:30 PM Reserved for Yoga & Sustainability Club			

All classes taught by Yoga Teacher Trainees (YTT) in our 200-hour Yoga Teacher Training Program or by Yoga Faculty at WCU (YF).

Space is limited to 20. Please come a few minutes early to ensure a spot, and bring a yoga mat if you have one.

Please visit our Facebook page: Goshen Yoga Studio