

March
2010

ORENDA YOGA & HEALING ARTS

PO BOX 104 - RT. 146 - PARK GUILDERLAND PLAZA
GUILDERLAND CENTER , NY 12085




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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>GCE = Guilderland Continuing Education program. See website for info.</p>	<p>1 6p Yoga Circle 7:30p Yoga Nidra \$5 Drop In</p>	<p>2 9:30a Chair Yoga GCE 6p Intro to Vini Flow GCE 7:30p Vini Flow Advanced (flex)</p>	<p>3 9a Sunrise Yoga (flex) 11a I Got You Babe 1p Family Yoga 5:45p Gentle Yoga (flex) 7p Evolve (flex)</p>	<p>4 5p Yoga Circe (flex) 6:30 Intro Belly Dance GCE 7:45 Belly Dance</p>	<p>5 9:30a Gentle Yoga (flex) 11a Itsy Bitsy Tot 4pm Emerging Teen (flex) 6p Vinyasa Yoga (flex)</p>	<p>6 8a Sunrise Yoga (flex) 9:30a I Got You Babe! Mom & Baby Yoga Class 11am Jr. Dance Workshop</p>
<p>7</p>	<p>8 6p Yoga Circle 7:30p Yoga Basics (new 6 week session begins)</p>	<p>9 9:30a Chair Yoga GCE 6p Intro to Vini Flow GCE 7:30p Vini Flow Advanced (flex)</p>	<p>10 9a Sunrise Yoga (flex) 11a I Got You Babe 1p Family Yoga 5:45p Gentle Yoga (flex) 7p Evolve (flex)</p>	<p>11 5p Yoga Circe (flex) 6:30 Intro Belly Dance GCE 7:45 Belly Dance</p>	<p>12 11a Itsy Bitsy Tot 4pm Emerging Teen (flex) 6p Vinyasa Yoga (flex)</p>	<p>13 8a Sunrise Yoga (flex) 9:30a I Got You Babe! Mom & Baby Yoga Class 11am Jr. Dance Workshop</p>
<p>14</p>	<p>15 6p Yoga Circle 7:30p Yoga Basics</p>	<p>16 9:30a Chair Yoga GCE 6p Intro to Vini Flow GCE 7:30p Vini Flow Advanced (flex)</p>	<p>17 5:45p Gentle Yoga (flex) 7p Evolve (flex)</p>	<p>18 5p Yoga Circe (flex) 6:30 Intro Belly Dance GCE 7:45 Belly Dance</p>	<p>19 9:30a Gentle Yoga (flex) 11a Itsy Bitsy Tot 4pm Emerging Teen (flex) 6p Vinyasa Yoga (flex)</p>	<p>20 8a Sunrise Yoga (flex) 9:30a I Got You Babe! Mom & Baby Yoga Class 11am Jr. Dance Workshop</p>
<p>21</p>	<p>22 7:30p Yoga Basics</p>	<p>23 6p Intro to Vini Flow GCE 7:30p Vini Flow Advanced (flex)</p>	<p>24 9a Sunrise Yoga (flex) 11a I Got You Babe 1p Family Yoga 5:45p Gentle Yoga (flex) 7p Evolve (flex)</p>	<p>25 5p Yoga Circe (flex) 7:45 Belly Dance</p>	<p>26 9:30a Gentle Yoga (flex) 11a Itsy Bitsy Tot 6p Vinyasa Yoga (flex)</p>	<p>27 9:30a I Got You Babe! Mom 11am Jr. Dance 1PM Family Yoga</p>
<p>28</p>	<p>29 6p Yoga Circle 7:30p Yoga Basics</p>	<p>30 9:30a Chair Yoga GCE 7:30p Vini Flow Advanced (flex)</p>	<p>31 9a Sunrise Yoga (flex) 11a I Got You Babe 1p Family Yoga 5:45p Gentle Yoga (flex) 7p Evolve (flex)</p>	<p>Because schedule is compiled a month in advance, Classes are subject to change. Please consult the online calendar to verify offerings.</p>		

- for a complete listing of class description and pricing, please visit  on line -