

OCTOBER
2009


ORENDA YOGA & HEALING ARTS

PO BOX 104 - RT. 146 - PARK GUILDERLAND PLAZA
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Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p>GCE = Guilderland (adult) Continuing Education <i>See website for info.</i></p>	<p>Flex = Pre-paid Classes 3/\$33-6/\$60-Unlimited \$99 within calendar month(restrictions may apply) \$13 Drop In - Flex Classes Only</p>		<p>\$5-DI = \$5 Drop in = Proceeds donated to Hilltown Food pantry</p> 	<p>1 11a Itsy Bitsy Tots--GCE 5p Yoga Circle--flex 6:30 Belly Dance GCE 7:30 Belly Dance</p>	<p>2 9:30a Very Gentle Yoga 6p Vinyasa Flow--flex</p>	<p>3 8a Vinyasa Flow--flex 9:30 a Prenatal Yoga--flex</p>
<p>4 8a Sunrise Yoga -flex</p>	<p>5 6p Yoga Circle--flex 7:30 Yoga Nidra \$5- DI <i>Proceeds donated to Hilltown Food pantry</i></p>	<p>6 9:30 Chair Yoga - GCE 12n-Open Meditation-\$5-DI 6:00p Vini Yoga GCE 7:30p Vini Yoga Advanced flex</p>	<p>7 9a Sunrise Yoga--flex 11am Itsy Bitsy Baby-Free TRY IT 5:45p Very Gentle Yoga-- flex 7:30 Evolve Yoga--flex</p>	<p>8 11a Itsy Bitsy Tots -GCE 5p Yoga Circle--flex 6:30 Belly Dance GCE 7:30 Belly Dance</p>	<p>9 9:30a Very Gentle Yoga 6p Vinyasa Flow--flex</p>	<p>10 8a Vinyasa Flow--flex 9:30 a Prenatal Yoga--flex</p>
<p>11 8a Sunrise Yoga--flex</p>	<p>12 Columbus Day</p>	<p>13 9:30 Chair Yoga - GCE 6:00p Vini Yoga GCE 7:30p Vini Yoga Advanced flex</p>	<p>14 9a Sunrise Yoga--flex 11am Itsy Bitsy Baby (new session begins) 5:45p Very Gentle Yoga-- flex 7:30 Evolve Yoga--flex</p>	<p>15 11a Itsy Bitsy Tots-GCE 5p Yoga Circle--flex 6:30 Belly Dance GCE 7:30 Belly Dance</p>	<p>16 9:30a Very Gentle Yoga</p>	<p>17 9:30 a Prenatal Yoga--flex</p>
<p>18 8a Sunrise Yoga-flex</p>	<p>19 6p Yoga Circle--flex 7:30 Yoga Basics (new session begins)</p>	<p>20 9:30 Chair Yoga - GCE 12n open Yoga Nidra-\$5-DI 6:00p Vini Yoga GCE 7:30p Vini Yoga Advanced- flex</p>	<p>21 9a Sunrise Yoga--flex 11am Itsy Bitsy Baby 5:45p Very Gentle Yoga-- flex 7:30 Evolve Yoga--flex</p>	<p>22 11a Itsy Bitsy Tots-GCE 5p Yoga Circle--flex 6:30 Belly Dance GCE 7:30 Belly Dance</p>	<p>23 9:30a Very Gentle Yoga 6p Vinyasa Flow--flex 7:30p Drum Circle - Free! <i>food pantry donation welcome</i></p>	<p>24 8a Vinyasa Flow--flex 9:30 a Prenatal Yoga--flex</p>
<p>25 8a Sunrise Yoga--flex</p>	<p>26 6p Yoga Circle--flex 7:30 Yoga Basics</p>	<p>27 9:30 Chair Yoga - GCE 6:00p Vini Yoga GCE 7:30p Vini Yoga Advanced flex</p>	<p>28 9a Sunrise Yoga--flex 11am Itsy Bitsy Baby 5:45p Very Gentle Yoga - flex 7:30 Evolve Yoga--flex</p>	<p>29 11a Itsy Bitsy Tots-Free TRY IT! 6:30 Belly Dance GCE 7:30 Belly Dance</p>	<p>30 9:30a Very Gentle Yoga 6p Vinyasa Flow--flex</p>	<p>31 8a Vinyasa Flow--flex 9:30 a Prenatal Yoga--flex</p>

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