

Glenmore Yoga In Person & Online

September 18 - 30, 2022

Sun, Sept 18	Mon, Sept 19	Tue, Sept 20	Wed, Sept 21	Thurs, Sept 22	Fri, Sept 23	Sat, Sept 24
	9:00 – 10:15 am – In Person & Online Level 2 – Randi Weiss	9:00 – 10:15 am – In Person & Online Level 1 – Debbie Stewart	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	9:00 – 10:15 am – In Person & Online Level 3 Yoga Randi Weiss	9:00 – 10:15 am – In Person & Online Mixed Level Yoga- Kerry Shultz
200 Hour Yoga Teacher Training	10:30 – 11:45 am – In Person & Online Ageless Yoga – Mary Lou Bean	10:00 – 11:15 am – In Person Ageless/ Bone Strengthening – Chris Riely	10:45 – 12:00 – In Person Ageless Lev 1 Mary Lou Bean	10:30 – 11:45 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – In Person Level 1 Yoga – Louise Mason	
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – Mary Leffler	11:00 – 12:15 – In Person & Online Ageless Gentle - Carolyn Hazel	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
		5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	
Sun, Sept 25	Mon, Sept 26	Tues, Sept 27	Wed, Sept 28	Thurs, Sept 29	Fri, Sept 30	Sat
	9:00 – 10:15 am – In Person Level 2 – Kerry Shultz	9:00 – 10:15 am – In Person & Online Level 1 – Debbie Stewart	9:00 – 10:30 am – In Person & Online Yin Yoga- Erin Forsyth	9:00 – 10:15 am – In Person & Online Lev 2 & 3– Randi Weiss	9:00 – 10:15 am – In Person & Online Level 3 Yoga Randi Weiss	
	10:30 – 11:45 am – In Person Ageless Yoga – Mary Lou Bean	10:00 – 11:15 am – In Person Ageless/ Bone Strengthening – Chris Riely	10:45 – 12:00 – In Person Ageless Lev 1 Carolyn Hazel	10:30 – 11:45 am – Online Ageless Level 1 – Mary Leffler	10:30 – 11:45 am – In Person Level 1 Yoga – Christina Evans	
	12:00 – 1:00 pm – Online Meditation & Book Study Series – Randi Weiss	10:45 – 12:00 – In Person & Online Slow & Gentle Yoga – Mary Leffler	11:00 – 12:15 – In Person Ageless Gentle- Christina Evans Online recording available	11:00 – 12:15 – In Person Ageless/ Bone Strengthening – Chris Riely	10:30 – 11:45 am – Online Tibetan Rites – Kim Leibowitz	
	6:00 – 7:15 pm – Pop Up Online Yoga for The Pelvic Floor – Sandy Axelson	5:00 – 6:15 pm – In Person & Online Level 1 & 2 – Rodney Bradley	6:00 – 7:15 pm – In Person & Online Lev 2 & 3– Kerry Shultz	6:00 – 7:15 pm – Online Level 1 Yoga – Kerry Shultz	12:30 – 1:45 pm- Online Chair Yoga – Sandy Axelson	

**Preregister is required for Both In Studio and Online Classes through MindBody
or at info@glenmoreyoga.com * GlenmoreYoga.com * 804.741.5267**