

# Breathing Space Bedford Schedule

**RING IN SPRING!** Join us Monday March 21st at 7:30p for an Ashtanga Yoga Primary Series. The primary series is one that will start your inner spring cleaning with forward and twisting postures. All proceeds to charity. Please call for further details.

**YOGA BOOTCAMP** is back! Our popular 10 day morning program is back from March 28th - April 8th, 6:00a - 7:30a Monday - Friday. Please call to register (\$140 + tax)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45am						<b>Power Vinyasa Flow</b> Level 1-2 Michelle	<b>Intro/Level 1 Flow</b> Emilie
9:30am	<b>Hot Yoga</b> Level 1-2 Lori	<b>Vinyasa Flow</b> Level 1 Michelle	<b>Core Yoga</b> level 1-2 Michelle	<b>Vinyasa Flow</b> Level 1 Caelin	<b>Hot Power Yoga</b> Level 1-2 Lori		
10:15am						<b>Intro to Yoga</b> Michelle (Feb 26)	<b>Core Yoga</b> Level 1-2 Emilie
11:00am				<b>Mom &amp; Tot</b> (ages 1-3) Caelin (March 3)			
11:45am						<b>Prenatal</b> Bev (March 19)	
1:15pm						<b>Kids Yoga</b> ages 4-11 2:00 - 2:45p (March 5)	
1:30pm		<b>Mom &amp; Babe</b> (under age 1) Helen (March 29)					
4:30pm							<b>Hot Flow Yoga</b> Intro/Level 1 Michelle
5:45pm					<b>Vinyasa Flow</b> Level 1-2 Moir		
6:00pm	<b>Intro/Level 1 Flow</b> Caelin	<b>Hot Power Yoga</b> Level 1-2 Moir	<b>Hot Flow Yoga</b> Level 1 Holly	<b>Intro to Yoga</b> 6 weeks Michelle (Feb 24)			<b>Hot Flow Yoga</b> Level 1-2 Michelle
7:30pm	<b>Ashtanga Influenced</b> Level 1-2 Bryan	<b>Intro/Level 1 Flow</b> Moir	<b>Yin Yoga</b> Level 1-2 Holly	<b>Intro/Level 1 Flow</b> Michelle			<b>Sivananda Yoga</b> Michelle

 Classes with a blue background require registration.