

Bristol Yoga Studio

Your yoga, your practice.

Group Classes
Personalized Instruction
Specialty Workshops

For class descriptions, instructor bios,
and so much more, visit our website at
www.bristolyogastudio.com

13R State Street, Bristol, RI
(Entrance at Thames Street)
bristolyogastudio@gmail.com
401-216-YOGA

Class Schedule

SUNDAY

9:30-10:45a	All Levels	Tracy
11:15a-12:30p	Prenatal Yoga*	Tracy

MONDAY

9:30-10:45a	Kripalu	Amelia
4:30-5:45p	Restorative	Mary
6-7:15p	Yin Yang Yoga	Tara

TUESDAY

9-10:15a	Heated Vinyasa	Charlotte
4:30-5:30p	Yoga for Beginners	Tracy
6-7:15p	All Levels	Tracy

WEDNESDAY

6:30-7:30a	All Levels	Michelle
9:30-10:45a	Yoga for Healthy Backs	Amelia
12-1p	Yoga Nidra	Tracy
6-7:15p	Chant Move Meditate!	Gitali

THURSDAY

9-10:15a	Heated Vinyasa	Charlotte
6-7:15p	Heated Vinyasa	Michelle

FRIDAY

6:30-7:30a	Gentle Flow	Gitali
7:40-8:30a	Guided Silent Meditation	Gitali
9:30-10:45a	All Levels	Gitali

SATURDAY

6:30-7:45a	Kripalu Yoga	Jeannie
9:30-10:45a	Heated Vinyasa	Tara

*Most Sundays - Check Website for details

Schedule valid as of April 10, 2014;
it is subject to change without notice. Please visit
www.bristolyogastudio.com for class changes,
special workshops and lists of guest teachers. Drop-in
rate: \$15 per class. Unlimited Monthly Class Cards,
and Student and Senior discounts are available.