

**Namaste,**

**The summer is upon us folks, and Mark and Rita will be off island. Susan will be the only teacher during the months of June and July. Her schedule is smaller to meet her growing belly needs.**

**Gentle** - A peaceful sequence of postures and breathing exercise geared towards gently opening the body, relaxing the mind, and rejuvenating the spirit. Good for beginners or for those days that you need light physical activity. All Levels

**Ashtanga 1/2** - A steady paced series of postures focused on opening the shoulders and hips and building heat in the body.



# July 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4 10am Ashtanga 1/2 series With Susan	5	6 12pm Gentle	7	8	9	10
11 10am Ashtanga 1/2 series With Susan	12	13 12pm Gentle	14	15	16	17
18 10am Ashtanga 1/2 series With Susan	19	20 12pm Gentle	21	22	23	24
25 10am Ashtanga 1/2 series With	26	27 12pm Gentle	28	29	30	31