

Cedar and Fir Studio : June/July 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 21 7:30-9:00p Kirtan (Kitzie)	22 11:30a-12:45p Slow Vinyasa Yoga (Lisa)	23 7:15-8:30a Cont. Vinyasa (Matt) 10:15-11:15a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p Slow Flow Yoga (Lisa)	24 5:30-6:45p Hatha Yoga (Matt) 7:00-8:00p Qigong (Brodie)	25 10:15-11:15a Gentle Yoga(Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p Slow Flow Yoga (Lisa)	26	27 9:00-10:15a Hatha Yoga (Ellen)
28 7:30-9:00p Kirtan (Kitzie)	29 11:30a-12:45p Slow Vinyasa Yoga (Lisa)	30 7:15-8:30a Cont. Vinyasa (Matt) 10:15-11:15a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p Slow Flow Yoga (Lisa)	July 1 5:30-6:45p Hatha Yoga (Matt)	2 10:15-11:15a Gentle Yoga(Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p Slow Flow Yoga (Lisa)	3	4 9:00-10:15a Hatha Yoga (Ellen)
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26 7:30-9:00p Kirtan (Kitzie)	27 11:30a-12:45p Slow Vinyasa Yoga (Lisa)	28 7:15-8:30a Cont. Vinyasa (Matt) 10:15-11:15a Gentle Yoga (Lisa) 12:00-1:00p Pilates (Lisa) 5:30-6:45p Slow Flow Yoga (Lisa)	29 5:30-6:45p Hatha Yoga (Matt)	30	31	Aug 1 9:00-10:15a Hatha Yoga (Ellen)

Continuing classes are for those who are already familiar with the yoga poses. Vinyasa is a moving flow of poses including sun salutes. Hatha Yoga is the tradition of yoga that focuses on movement and breath. All Cedar and Fir Yoga classes include asana (posture); pranayama (breath); and dhyana (meditation).