

# rooted tree massage & yoga CLASS SCHEDULE

October 15<sup>th</sup> – December 10<sup>th</sup> 2019

(867) 334-8599 | [www.rootedtreemassage.com](http://www.rootedtreemassage.com) | 407 Black Street | rootedtreemassage@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gentle Yoga</b> with Sheila 12:30-1:30pm	<b>Mind-Body Yoga</b> with Ivan 6-7:30pm	<b>Chair Yoga</b> with Sheila 9-10am  <b>Acroyoga</b> with Sheila 7-8:30pm*	<b>Emotional Healing Hypnosis</b> with Iantha 7-8pm			<b>Yin Yoga &amp; Foam Rolling</b> with Muguette 10-11:30am

**Full Moon Hypnosis** with Iantha Friday, November 12<sup>th</sup> @ 8-8:45

**Glow Yoga** with Rebekah Fridays, October 25<sup>th</sup> & November 29<sup>th</sup> @ 7-8pm

\*Please check online for details regarding dates & offerings of Acroyoga