

rooted tree january 2020 CLASSES January 3rd - 31st

Special pricing for hour long classes this January!

SUNDAYS	MONDAYS	TUESDAYS	WEDNESDAYS	FRIDAYS	SATURDAYS
10:30 – 11:30am Post-Natal Yoga with Shelby***	7:30 -8:30pm Yin Yoga Restorative (FR-EN) with Stephanie	7 – 8:30pm AcroYoga with Sheila **	7 – 8pm Prenatal Yoga with Shelby ***	7:15-8:15pm Hatha Vinyasa (FR-EN) with Stephanie	10-11:30am Yin Yoga & Foam Rolling with Mugnette
12:30 – 1:30pm Gentle Yoga with Sheila *	867.334.8599	*No class with Sheila January 26 th **Intro to Acro Jan. 28 th ***Drop in not available			Check out the website for more www.rootedtreemassage.com rootedtreemassage@gmail.com

rooted tree february – march CLASSES

Feb 1st – Mar 11th 2020

SUNDAYS	MONDAYS	TUESDAYS	WEDNES'	THURSDAYS	FRIDAYS	SATURDAYS
10:30 – 11:30am Post-Natal Yoga with Shelby*	6:15-7:15pm Hatha Vinyasa with Stephanie	7 – 8:30pm AcroYoga with Sheila*	7 – 8pm Prenatal Yoga with Shelby*	7:15-8:00am Yoga for Shredders with Candace	7:15-8:15pm Hatha Vinyasa with Shelby	10-11:30am Yin Yoga & Foam Rolling with Mugnette
12:30 – 1:30pm Gentle Yoga with Sheila	7:30 -8:30pm Yin Yoga Restorative (FR-EN) with Stephanie	867.334.8599 Check out the website for workshops & more www.rootedtreemassage.com rootedtreemassage@gmail.com			*Blue text means you must register to attend the class. Enjoy a discount when you register! Proration available.	