

## Mimi's Class Schedule **(Effective 5/1/10-8/31/10)**

### Sunday

7:00-8:30 pm - [Slow Flow Yoga with Classic Sun Salutations](#)

### Monday:

9:00-10:15 am - [Level 1 Yoga \(off-Site\)](#) public class held at [State of Grace Yoga & Wellness Center](#) 104 E. Hartford Ave., Uxbridge, Ma, 01569

5:00-6:15 pm - [Prenatal Yoga](#) (6-week series - Pre-Registration Required)

7:00-8:15 pm - [Intro to Slow Flow Yoga](#) (6-week series - Pre-Registration Required)

### Tuesday:

10:00-10:45 am - [Get Fit While You Sit Chair Yoga](#) (held for the public at [The First Congregational Church - United Church of Christ](#), 135 Center Road, Dudley MA - right next to Nichol's College - plenty of space - just drop in - \$5.00 per person/class - Mimi donates 20% to the church)

5:00-6:15 pm - [Variety Yoga](#) (no Sun Salutations)

1st Tuesday of the Month = Slow Flow

2nd Tuesday of the Month = Yoga Strength Bars (non-weighted and weighted)

3rd Tuesday of the Month = Flex & Flow

4th Tuesday of the Month = Have a "Ball Yoga" (yoga core balls, sometimes weighted sand balls)

5th Tuesday of the Month = Body Band Yoga

**Wednesday:** am Private off-site Yoga Therapy

**Thursday:** am - Private offsite Yoga & Corporate Yoga

7:00-8:30 pm - [Yogalates](#)

**Friday:** Reserved for Workshops and Private Parties (contact [me](#) if you would like to book a serenity party).

### Saturday:

Reserved for Workshops, Yoga Therapy sessions, Privates

All classes are held at De-Stress with Yoga unless otherwise stated. All classes are "drop in" unless otherwise stated.

\*Classes and prices are subject to change. Classes could be added or removed based on attendance level.

Call Mimi to make an appointment for Yoga Therapy Body Assessment Sessions & Private Sessions