

Mimi's Class Schedule

Sunday

5:00-6:30 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 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

7:00-8:30 pm ~ [Moodlifting YogaDance](#)

Wednesday: am Private off-site Yoga

Thursday: am - Private offsite Yoga

5:00-6:15 pm ~ [Moderate Flow Yoga](#) with Classic Sun Salutations

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

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

Saturday:

8:00-9:15 am ~ [Sunrise Yoga](#)

10:00-11:00 am ~ [Yoga for Kids](#)- ages 6-12 (6-week series - Pre-Registration Required)

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

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