

Mystic Yoga

Winter 2020

Tuesday

9:00-10:00 AM
Power Vinyasa
w/ Kat Hartson

10:30-11:30 AM
Mindfull Hatha
w/ Nancy Mildrum
January only

5:30-6:30 PM
Candlelit Restorative
Yoga Nidra
w/ Beth Thibault

Faith Dubois will be
subbing for Beth's
Restorative in March

Wednesday

9:00-10:00 AM
Gentle Vinyasa
w/ Deb Farrington

5:30-6:30 PM Yoga
Strength & Flex
w/ Beth Thibault

Thursday

9:00-10:00 AM
Mystic Warrior
w/ Kat Hartson

10:30-11:30 AM
Gentle Flow
w/ Carol Morelli

5:30 -6:30 PM
Vinyasa
w/ Kat Hartson

Friday

9:00-10:00 AM
Vinyasa
w/ Deb Farrington

11:00 -3:00 PM
Open Studio
by donation
come practice in a
beautiful space

4:00-5:00 PM
Chair Yoga
w/ Deb Farrington

Saturday

9:00-10:00 AM
Rotating Instructors &
Varied Styles
1/4- Nancy
1/11- Nancy
1/18- Michelle
1/25- Ann
2/1- Beth
2/8- Paula
2/15- Michelle
2/22- Beth
2/29- Ann
3/7- Paula
3/14- Paula
3/21- Michelle
3/28- Ann

Mystic Waters Spa & Yoga

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