



YOGASMITH

AMESBURY STUDIO
Nov 15 - Dec 31 2018

Amesbury Class Schedule: Nov 15th – Dec 31st, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			7:30am All Levels John		8:00am Level 2 Sarah	
9:15am All Levels Kate	9:15am Gentle Yoga Jennifer	9:15am Level 2 John			9:30am All Levels Barbara	REST DAY
		10:30am <i>Tai Chi*</i> Chris	11:00am Gentle Yoga Jennifer	10:30am <i>Tai Chi*</i> Chris		Classes will begin on Sundays in 2019
5:30pm Level 2 Kerrie			3:30pm <i>Teacher Series*</i> Jennifer	12:00pm All Levels Sarah		
	7:00pm All Levels Jennifer	6:00pm All Levels Barbara	6:00pm Level 2 Kacy	Tai Chi* and the Teacher Series* are specialty classes offered at an additional cost (not included in membership). Contact us at info@yogasmith.com for more details or drop in and pay at the door.		

Studios are closed on Thanksgiving and Christmas. See our website for up-to-date schedule changes.
The 2019 schedule will be developed based on feedback and requests from our NEW MEMBERS!

CLASS DESCRIPTIONS

All Levels: This class is designed with the beginner in mind, but is also aimed at the seasoned student who wants to strengthen the foundation of their yoga practice. We believe it is helpful for the beginner to be practicing yoga with more experienced students and this class provides that opportunity. This class creates an environment that is safe, instructional, and inspiring.

Level 2: Builds upon the information learned in the All Levels classes and focuses on structural alignment principles for an experience of a stronger and more stable body. These classes also offer more options for advanced postures.

Gentle Yoga: Whether you are new to yoga, desire a slower pace from your more vigorous practice, are recovering from an injury, or want to experience stress relief - gentle yoga is a safe and supportive practice for all levels of experience and ability. Come build strength and flexibility through a mindful practice that will support your whole being.

YOGASMITH MEMBERSHIP OPTIONS - purchase online at www.yogasmith.com

\$29/Month Annual Membership

Yogasmith welcomes new members to the studio with this affordable annual plan. Membership includes unlimited classes at all four studios (Amesbury, Exeter, Portsmouth, and Dover). This is a one-year commitment with a monthly auto-pay plan. If you plan to take at least two classes a month, this is your best option.

\$40/Month Membership

This is Yogasmith's monthly membership option with the goal of making yoga accessible and affordable for everyone. Membership includes unlimited classes at all four of our studios (Amesbury, Exeter, Portsmouth, and Dover) with a monthly auto-pay plan.

We craft yogis out of everyone because we believe yoga is for everyone. We do that by offering quality studio spaces, passionate teachers, and multiple locations at the most affordable price. At Yogasmith we focus on strengthening the body, calming the mind, and building a welcoming community. Welcome to your Yogasmith.

www.yogasmith.com