

# TENTH GATE YOGA



## 2012 Winter Schedule

(EFFECTIVE JANUARY)



### Monday

6:30-7:30AM	HEATED HOUR OF POWER	DAVID
9:30-11:00AM	KUNDALINI YOGA & MEDITATION	REINETTE
9:30-11:00AM	VINYASA FLOW	DAVID
4:00-5:15PM	BAPTISTE RESTORATIVE YOGA	JOELLEN
5:30-7:00PM	BAPTISTE HEATED POWER VINYASA YOGA	LIZ
7:30-9:00PM	KUNDALINI YOGA & MEDITATION	KYLA

### Tuesday

9:30-11:00AM	KUNDALINI YOGA & MEDITATION	MARY
12:00-1:00PM	BAPTISTE HEATED HOUR OF POWER	LIZ
6:00-7:30PM	KUNDALINI YOGA & THE GONG	TOM
6:30-8:00PM	VINYASA FLOW	JESSICA

### Wednesday

6:30-7:30AM	KUNDALINI YOGA & MEDITATION	REINETTE
9:00-10:30AM	BAPTISTE HEATED POWER VINYASA YOGA	JOELLEN
10:30-12:00PM	KUNDALINI YOGA & MEDITATION	MARY
4:30-5:30PM	VINYASA BASICS	CATHY
6:00-7:15PM	CORE VINYASA	CATHY

### Thursday

9:00-10:30AM	BAPTISTE HEATED POWER VINYASA YOGA	LIZ
12:00-1:00PM	HEATED HOUR OF POWER	DAVID
6:00-7:30PM	KUNDALINI YOGA & DEEP MEDITATION	TOM
6:00-7:30PM	VINYASA FLOW	DAVID

### Friday

6:30-7:30AM	KUNDALINI YOGA & MEDITATION	KYLA
9:00-10:30AM	HEATED POWER VINYASA YOGA	RENEE
11:00-12:30PM	KUNDALINI YOGA & DEEP MEDITATION	REINETTE
4:00-5:00PM	BAPTISTE HEATED HOUR OF POWER	LIZ

### Saturday

8:00-9:30AM	KUNDALINI YOGA AND MEDITATION	DONALD
8:00-9:30AM	BAPTISTE HEATED POWER VINYASA YOGA	LIZ
10:30-11:30AM	BAPTISTE HEATED HOUR OF POWER	LIZ
10:30-11:30AM	CHILDREN'S YOGA (5-9 YEAR OLDS)	LYNDA

### Sunday

9:30-11:00AM	KUNDALINI YOGA & MEDITATION	REINETTE
9:30-11:00AM	VINYASA FLOW	MEGHAN
4:00-5:30PM	HEATED POWER VINYASA YOGA	DAVID
6:00-7:30PM	CANDLELIGHT KUNDALINI YOGA & MEDITATION	MARY

~ SCHEDULE SUBJECT TO CHANGE ~

401.683.YOGA (9642)

[tenthgateyogacenter.com](http://tenthgateyogacenter.com)

**NEW LOCATION:** GLEN VIEW . 1046 East Main Road  
Portsmouth . Rhode Island 02871