

Hamot Health Connection - Summer/Fall 2010 Yoga Schedule

Mondays, 11:30 to 1 p.m.	May 3-June 28 (no class 5/31)	8 sessions	\$64
Location: Hamot Health Connection	July 12-August 30	8 sessions	\$64
Instructor: Jeanne Peck	September 13-October 25	7 sessions	\$56
	November 1-December 13	7 sessions	\$56
Mondays, Gentle Yoga, 1:15 to 2:15 p.m.	May 3-June 28 (no class 5/31)	8 sessions	\$48
Location: Hamot Health Connection	July 12-August 30	8 sessions	\$48
Instructor: Jeanne Peck	September 13-October 25	7 sessions	\$42
	November 1-December 13	7 sessions	\$42
Mondays, 5:30 to 6:30 p.m.	May 3-June 28 (no class 5/31)	8 sessions	\$48
Location: Hamot Heart Institute	No classes in July/August		
Instructor: Terry Seth	September 13-October 25	7 sessions	\$42
	November 1-December 13	7 sessions	\$42
Mondays, 6 to 7:30 p.m.	May 3-June 28 (no class 5/31)	8 sessions	\$64
Location: Hamot Health Connection	July 12-August 30	8 sessions	\$64
Instructor: Freda Tarbell	September 13-October 25	7 sessions	\$56
	November 1-December 13	7 sessions	\$56
Tuesdays, 5:25 to 6:25 p.m.	May 4-June 22	8 sessions	\$48
Location: Hamot Health Connection	July 13-August 31	8 sessions	\$48
Instructor: Norma Schriefer	September 14-October 26	7 sessions	\$42
	November 2-December 14	7 sessions	\$42
Tuesdays, 5:30 to 6:30 p.m.	May 4-June 29 (no class 6/1)	8 sessions	\$48
Location: Hamot Heart Institute	July 13-August 24	7 sessions	\$42
Instructor: Terry Seth			
Tuesdays, 5:30 to 6:30 p.m.	September 14-October 26	7 sessions	\$42
Location: Hamot Heart Institute	November 2-December 14	7 sessions	\$42
Instructor: Susan Black			
Wednesdays, 9:15 to 10:30 a.m. and 10:45 a.m. to Noon	May 5-June 16	7 sessions	\$49
Location: Hamot Health Connection	July 7-August 18	7 sessions	\$49
Instructor: Deb Phillips			
Wednesdays, 10:30 a.m. to Noon and 1 to 2:30 p.m.	September 8-October 20	7 sessions	\$56
Location: Hamot Health Connection	October 27-December 15	7 sessions	\$56
Instructor: Deb Phillips	(no class 11/24)		
Thursdays, 6:30 to 8 p.m.	May 6-June 24	8 sessions	\$64
Location: Hamot Health Connection	July 15-August 26	7 sessions	\$56
Instructor: Freda Tarbell	September 9-October 21	7 sessions	\$56
	October 28-December 16	7 sessions	\$56
	(no class 11/25)		
Mommy Om	May 5-June 23	8 sessions	\$48
Wednesdays, 1:15 to 2:15 p.m.	July 14-August 25	7 sessions	\$42
Location: Hamot Health Connection	September 8-October 27	8 sessions	\$48
Instructor: Susan Black	November 3-December 15	6 sessions	\$36
	(no class 11/24/)		
Yoga During Pregnancy	May 6-June 24	8 sessions	\$48
Thursdays, 5:15 to 6:15 p.m.	July 15-August 26	7 sessions	\$42
Location: Hamot Health Connection	September 9-October 28	8 sessions	\$48
Instructor: Susan Black	November 4-December 16	6 sessions	\$36
	(no class 11/25)		