

## Spring 2026 Offerings

### **Adult Classes:**

Mondays: 6:00-7:15pm April 27 - June 22 (no class 5/11, 5/25)

Wednesdays: 6:30-7:45pm June 3 - June 24

**Missed classes** can be made up at any time during the current session, space permitting. Drop-ins are also available, please contact for more information.

**What to bring:** Please bring a yoga mat - by doing so, you can practice what you learn at home, too! Mats can be purchased at local stores (or online - see link below). If you forget your mat when coming to class, no worries, you are always welcome to borrow one from the studio. The studio will provide other yoga props as needed.

Yoga mats: Here's a link for a standard yoga mat that would be great for class, and is sold at a very reasonable price. They have some other mats with fun designs that you can check out.

[http://www.yogaaccessories.com/18-Classic-Yoga-Mat\\_p\\_121404.html](http://www.yogaaccessories.com/18-Classic-Yoga-Mat_p_121404.html)