



Banyan Tree Yoga

5 Pine St. Ext., Unit 2A

Nashua, NH 03060

603.889.1121

www.BanyanTreeYogaNH.com

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|--|--|
| 9:00AM - 10:15AM Vinyasa Flow w/Dianne | | 9:30AM -10:30AM Slow Flow w/Abby | 9:30AM -10:30AM Slow Flow w/Brandy | 9:30AM -10:30AM Slow Flow w/Val | 9:00AM - 10:15AM Yin Yoga w/Val | 9:00AM - 10:15AM Vinyasa Flow w/Brandy |
| Family Yoga w/Lauren *see website for dates and times | 10:30AM - 11:30AM Hatha Yoga w/Brandy | | 11:00AM - 11:45AM Mommy & Me Yoga* w/Brandy | | 9:00AM - 10:00AM All Levels Flow w/Brandy/Sue @ Kahunas in Merrimack (\$10 includes fruit and tea after class!) | 10:45AM - 12:00PM Gentle Yoga w/Brandy |
| 5:00PM - 6:15PM Yin & Restore w/Michelle | 5:30PM - 6:30PM Vinyasa Flow w/Kellie | 5:30PM - 6:30PM Chakra Flow w/Brandy | 5:30PM - 6:45PM Yin - Yang w/Sue | 5:30PM - 6:30PM Hatha Yoga w/Abby | 6:00PM - 7:15PM TGIF Yoga/DYP w/Brandy/Brenna | <i>See our website for workshops and special events!</i> |
| <i>See our website for workshops and special events!</i> | 7:00PM - 8:15PM Yin Yoga w/Val | 7:00PM - 8:15PM Prenatal Yoga w/Brandy | 7:00PM - 8:15PM Yoga Nidra Flow w/Sue | | | |

*Pre-registration is required for all specialty classes, workshops and trainings and strongly encouraged for all classes.

Please visit our website for the most up to date schedule, workshops, class descriptions, teacher bios and more.

Schedule is subject to change. Additional classes will be added as needed. Please tell us what you would like to see and when!

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