



Banyan Tree Yoga

5 Pine St. Ext., Unit 2A

Nashua, NH

603.889.1121

www.BanyanTreeYogaNH.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00AM -7:00AM Sunrise Vinyasa w/Jay			
9:00AM - 10:15AM Vinyasa Flow w/Hilary		9:30AM -10:30AM Slow Flow w/Melissa	9:30AM -10:30AM Slow Flow w/Brandy	9:00AM -10:00AM Slow Flow w/Val	9:00AM - 10:15AM Yin Yoga w/Val	9:00AM - 10:15AM Vinyasa Flow w/Brandy
<i>See our website for workshops and special events!</i>	10:30AM - 11:30AM Hatha Yoga w/Brandy		11:00AM - 11:45AM Mommy & Me Yoga* w/Brandy			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/Chelsea	6:00PM - 7:15PM TGIF/DYP w/Brandy/Kellie	<i>See our website for workshops and special events!</i>
7:30PM - 9:00PM Yoga and Recovery w/Andrew	7:00PM - 8:15PM Yin Yoga w/Val	7:00PM - 8:15PM Prenatal/Gentle Yoga w/Brandy	7:00PM - 8:15PM Yoga Nidra Flow w/Sue	7:00PM - 8:00PM Power Flow w/Jay		

*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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