

September 8, 2025 – October 31, 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|--|--|
| Level 1 10:00 – 11:30am Instructor: Kristin Location & Duration: Studio (8 weeks) Price: \$112 | Mixed Level 9:30 – 11:00am Instructor: Kristin Location & Duration: Zoom (8 weeks) Price: \$112 Level 1 5:30 – 7:00pm Instructor: Sondra Location & Duration: Studio (8 weeks) Price: \$112 | No classes on Wednesday this session. | Level 1 9:00 – 10:30am Instructor: Kristin Location & Duration: Studio (8 weeks) Price: \$112 Gentle 11:00 – 12:00pm Instructor: Kristin Location & Duration: Studio (8 weeks) Price: \$112 | Level 2-3 9:00 – 10:30am Instructor: Kristin Location & Duration: Studio (8 weeks) Price: \$112 Meditation 5:30 – 6:15pm Instructor: Jackie Location & Duration: Studio Price: FREE *No class 9/12 or 10/10 |

Can't make it to one of the sessions above?

Be able to make time for yourself whenever with our Mixed Level recorded classes. We have recordings available to purchase. The Mixed Level recorded session is 8 weeks long and \$112 available for purchase on our website or contact: kristin@yogaingrantham.com | (603) 727-8611

Class Description

GENTLE: For those with injuries, chronic illnesses or who want an easier going practice.

MIXED LEVEL: This class will accommodate Level 1 and Level 2/3 students who prefer a Zoom or Recorded Alternative. Modifications and alternatives will be given as we work with standing poses, back bends, forward bends and inversions.

LEVEL 1: For beginners and for those who have a foundation in the basic yoga poses and may want to work toward inversions and back bends. Remember, Iyengar Yoga is taught in stages and there is always a variation or modification that is appropriate for you.

LEVEL 2-3: For those who have a foundation in the standing poses and want to practice standing poses, inversions, back bends and forward bends.

MEDITATION: For those who want to gather to sit silently for meditation practice.

CONTINUING: This class is appropriate for beginners but because of the small class size, it also works well for more experienced students who want to practice all classes of poses.

Prices listed above are for the full session (\$14/class)

If you prefer to sign up for an individual or "Drop In" class the price is \$17/class

For questions, please contact Kristin at kristin@yogaingrantham.com or (603) 727-8611