



# Marlborough Yoga

A Different Kind of Yoga

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## Winter Session

More information about our teachers:

**Caroline**, 508.481.2559, [email](#) or  
download [Caroline's Winter](#) schedule.

**Sandy**, 508.473.9274, [email](#) or  
download [Sandy's Winter](#) schedule.

**Barbara**, 978.760.1048, [email](#) or  
download [Barbara's Winter](#) schedule

## Schedule of Ongoing Yoga Classes

Please NOTE session dates may be different for each class.  
Each noted under the class.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<b>Beginner Bliss</b> w/Sandy 10:15-Noon ----- Session Dates Jan 3-Feb 28 No class Feb 7	<b>Beginner/Continuing</b> w/Caroline 7:30-8:45am ----- Session Dates Jan 4-Feb 22	<b>Beginner/Continuing</b> w/Caroline 9:30-11:00am ----- Session Dates Jan 5-Feb 23	<b>Beginner/Continuing</b> w/Caroline 9:30-11:00am ----- Session Dates Jan 6-Feb 24	<b>Experienced•</b> w/Caroline 12:00-1:45pm ----- Session Dates Jan 7-Feb 25	<b>Beginner/Continuing</b> w/Barbara 9:30-11:00am ----- Session Dates Jan 8-Feb 26
<b>Beginner/Continuing</b> w/Caroline 5:30-7:00pm ----- Session Dates Jan 9-Feb 27	<b>Gentle</b> w/Sandy 5:45-7:15pm ----- Session Dates Jan 3-Feb 28 No class Feb 7	<b>Beginner/Continuing</b> w/Caroline 5:30-7:00pm ----- Session Dates Jan 4-Feb 22	<b>Beginner/Continuing</b> w/Barbara 5:30-7:00pm ----- Session Dates Jan 5-Feb 23			
	<b>Deeper*</b> w/Sandy 7:30-9:15pm ----- Session Dates Jan 3-Feb 28 No class Feb 7		<b>Beginner/Continuing</b> w/Caroline 7:15-8:45pm ----- Session Dates Jan 5-Feb 23	<b>Advanced Bliss•</b> w/Sandy 7:15-9:15pm ----- Session Dates Jan 6-Feb 24 No class Feb 3		

Download this [ongoing schedule](#).

•Requires permission of instructor to attend this class.  
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