



# Growing Tree Yoga

203-745-3241

www.growingtreeyoga.com



November 5<sup>th</sup> – January 20<sup>th</sup> \*\* **Join Anytime**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:15am <b>Power Yoga</b> Adult - CF	9:15-10:00 <b>ABC Yoga</b> (2.5-4.5 years)	9:30-10:30 <b>Pre-Natal Yoga</b> Adult - CF	9:30-10:30 <b>Beginner Yoga</b> Adult - CF			
	10:30-11:45 <b>Power Yoga</b> Adult - DI	10:45-11:45 <b>Post-Natal Yoga</b> Adult - CF	10:30-11:45 <b>Mixed Level</b> Adult - DI		<b>*Begins 11/17*</b>  11:15-12:00 <b>ABC Yoga</b> (2.5-4.5 years)	
1:30-2:30 <b>Baseball/Softball &amp; Yoga</b> (3-4 years)	12:00-1:00 <b>Mixed Level</b> Adult - DI	1:00-2:00 <b>Baseball/Softball &amp; Yoga</b> (3-4 year)	12:00-1:00 <b>Power Yoga</b> Adult - DI	1:00-1:45 <b>Karate Kids I</b> (3-5 years)		
	2:00-3:00 <b>Baseball/Softball &amp; Yoga</b> (3-4 years)	2:30-3:15 <b>Yoga &amp; Literacy</b> (18mo-5 years) <b>*good sibling class</b>	2:00-3:00 <b>Baseball/Softball &amp; Yoga</b> (3-4 years)	2:00-2:45 <b>ABC Yoga</b> (2.5-4.5 years)		
4:00-5:00 <b>After-School Yoga</b> (6-10 years)	4:00-5:15 <b>SOFTBALL &amp; YOGA</b> (7-9 years)	4:00-5:00 <b>Baseball/Softball &amp; Yoga</b> (4-5 years)	4:00-5:00 <b>Softball &amp; Yoga</b> (5 & 6 year olds)	<b>*Begins 11/16</b> 4:00-5:00 <b>Yoga for Young Athletes</b> (6-10 years)		4:15-5:15 <b>Parent &amp; Child Yoga</b> CF
5:45-6:45 <b>Yoga for the Core</b> Adult - DI	5:30-6:30 <b>ABC Yoga</b> Adults - DI	5:15-6:30 <b>SOFTBALL &amp; YOGA</b> <b>Space is Limited</b> (9-12 years)	5:15-6:15 <b>StressLess Yoga</b> (Girls 9-12 years)			5:45-6:45 <b>Beginner Yoga</b> Adult-CF
7:00-8:00 <b>Mixed Level</b> Adult - CF		6:45-7:45 <b>Power Yoga</b> Adult - DI	7:00-8:00 <b>StressLess Yoga</b> Adult - DI			7:00-8:00 <b>Restorative Yoga</b> Adult - CF
			8:15-9:15 <b>Power Yoga</b> Adult - CF			

CF = must call first for availability  
DI = Drop-ins or class cards welcomed  
All kid & teen classes = must call first

**\*\*NO CLASSES NOV. 21-25 & DEC. 23-30**

**Growing Tree Yoga, L.L.C.**  
**For Kids, Adults, & Families**  
25 Van Zant St. – Norwalk  
203-745-3241