

## **APRIL SCHEDULE FOR THE RIVER STUDIO**

### **MONDAY**

9:30-10:45AM	Yoga Prana Flow with Lily	River Studio
11:00- 4:30PM	<i>Chiropractic with Petra</i>	Front Studio
5- 6 PM	Pilates Mat with Marisa	River Studio

### **TUESDAY**

8:15-9:30AM	Gentle Yoga w/ Dana & Julie	River Studio
4:30- 6PM	Yin Yoga with Wendy	River Studio

### **WEDNESDAY**

8:15- 9:45AM	Yoga Prana Flow w/ Kim	River Studio
6:15- 7:15 PM	Teen&Family Yoga with David*	River Studio

### **THURSDAY**

8:15-9:30AM	Gentle Yoga w/ Dana & Julie	River Studio
2PM- 7PM	<i>Community Thai Massage Clinic**</i>	Front Studio

### **FRIDAY**

9 -12 PM	<i>Chiropractic with Petra</i>	Front Studio
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### **SATURDAY**

9:00-10:15AM	Community Yoga – donation	River Studio
1 <sup>st</sup> Sat.7:45-8:45	Meditation & Pranayama w/ Sue***	River Studio

All Yoga Classes are \$10

\* Call David to sign up at 970-903-9513 \*

\*\*Drop in or call Lisa to set up an appointment at 970-943029\*\*

\*\*\*First Saturdays of the month join Sue for Meditation Class\*\*\*

**Visit our website for updates, class descriptions and more  
information about our offerings**

**[www.mancosriverstudio.com](http://www.mancosriverstudio.com)**