



<b>Day &amp; Time</b>	<b>Type of Yoga</b>	<b>Instructor</b>
<b>Monday</b> 5:00pm-6:00pm	Gentle Yoga	Lea Smith
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b> 5:30pm-6:45pm	Slow Flow Power Vinyasa	April Dove
<b>Friday</b>		

Individual classes are \$15, 10 class punch cards are \$135

You can sign up and pay for classes in advance at <https://app.punchpass.net/org/3512/classes> but drop ins are always welcome!

We are located at 91 Elm Street Camden ME, 04843. Enter the building by turning off Park Street through the back door. The yoga studio is located upstairs.