



774-Yoga
(774-9642)

Directors Vickie Labbe
& Jennifer Cooper

Join our email list at maineyoga.com and subscribe.

Workshops

YAMUNA BODY ROLLING – Jennifer Cooper
Saturdays, Jan. 20 & Mar. 3, 1:30-3:30PM \$25 each

FELDENKRAIS® – Marilyn Hardy
Sunday, Jan. 28, 1-3PM \$35

YOGA NIDRA – Nicole Gordon
Saturday, Feb. 3, 3-5PM \$25

FREE CLASSES

Jan. 3 Wednesday, 4:30-6PM
Jan. 4 Thursday, 5:30-7PM
Jan. 5 Friday, 1-2:15 PM (*gentle*)
Jan. 6 Saturday, 10-11:30AM
Jan. 8 Monday, 7:30-9PM
Jan. 11 Thursday, 5-6PM (*vinayasa*)

Great location with free parking!

449 Forest Ave. Plaza Building (*just off Baxter Boulevard near Back Cove*)

To register, please send payment to:

The Yoga Center • www.maineyoga.com
PO Box 1243 • Portland, ME 04104

Yoga Vacations – Yoga in the Yucatan

Our 22nd year! – **March 17-24, 2018**
with Vickie Labbe and Michael Doyle

Special price – only \$1,299*

Send deposit of \$599 to The Yoga Center – Only 1 space left!
Includes 7 nights lodging, 8 meals, daily yoga and more.

*Balance not due until Jan. 15, 2018 – based on double occupancy.

Winter Schedule 2018

General Yoga Classes – Appropriate for all levels including beginners.

Monday	9:30-11 AM	Stacy Smith	Jan 8	9 weeks	\$135
Monday	5:30-7 PM	Jennifer Cooper	Jan 8	9 weeks	\$135
Mon (<i>w/Yamuna</i>)	7:30-9 PM	Jennifer Cooper	Jan 15	8 weeks	\$125
Tues (<i>yin yoga</i>)	8-9 AM	Nicole Gordon	Jan 9	9 weeks	\$99
Tuesday	5:30-7 PM	Vickie Labbe	Jan 9	9 weeks	\$125
Wednesday	9:30-11:15 AM	Jennifer Cooper	Jan 3	10 weeks	\$150
Wednesday	4:30-6 PM	Phoenix Kenney	Jan 10	9 weeks	\$135
Wednesday	6:30-8 PM	Michael Doyle	Jan 10	8 weeks	\$125
Friday	6-7:30 AM	David Reese, PT	Jan 5	10 weeks	\$150
Friday	9:30-11:15 AM	Jennifer Cooper	Jan 5	10 weeks	\$150
Friday (<i>gentle</i>)	1-2:15 PM	Joanne Sullivan	Jan 12	9 weeks	\$99

Restorative Yoga

Thursday	5:30-7 PM	Vickie Labbe	Jan 11	9 weeks	\$135
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Vinyasa Flow

Thursday	5-6 PM	Phoenix Kenney	Jan 18	8 weeks	\$89
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Therapeutic Program

Thursday	10-12 PM	Vickie Labbe	Jan 11	9 weeks	\$195
		<i>with Kenneth Kohl, LMT</i>			

Meditation & Yoga

Saturday	11:30-1 PM	Vickie Labbe	Jan 20	6 weeks	\$89
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The Feldenkrais Method®

Tuesday	10:30-12PM	Marilyn Hardy	Jan 9	5 weeks	\$89
			Feb 13	5 weeks	\$89

Yamuna Body Rolling®

Tuesday	9:15-10:15 AM	Jennifer Cooper	Jan 9	8 weeks	\$89
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Single classes if available \$18.50 (one hour classes - \$15) • Feldenkrais \$20 • Therapeutic – \$25 by pre-arrangement
20% discount for 2 or more classes per week (10% off therapeutic and Feldenkrais)
Unlimited monthly pass – \$108 • 6 months – \$550 • 1 year – \$1,000 (excludes therapeutic)
\$10/class surcharge for Feldenkrais with pass