



774-Yoga
(774-9642)

Directors Vickie Labbe
& Jennifer Cooper

Join our email list at maineyoga.com and subscribe.

Workshops

YAMUNA BODY ROLLING – Jennifer Cooper

Saturday, March 31, 9:30-11AM \$20

YOGA NIDRA – Nicole Gordon

Saturday, April 28, 3-5PM \$25

RESTORATIVE YOGA – Vickie Labbe

Saturday, May 5, 2-4:30PM \$25

THE YOGA OF AWAKENING – Arthur Kilmurray

Monday, May 7, 6-8:30PM \$45

FREE CLASSES

March 19 Monday, 5:30-7PM & 7:30-9PM

March 21 Wednesday, 9:30-11AM

March 22 Thursday, 5:30-7PM (restorative)

March 28 Wednesday, 4:30-6PM

March 30 Friday, 1-2:15PM (gentle)

March 31 Saturday, 11:30-1PM

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*

Includes 7 nights lodging, 8 meals, daily yoga and more.



Spring Schedule 2018

General Yoga Classes – Appropriate for all levels including beginners.

Monday	9:30-11 AM	Stacy Smith	March 26	10 weeks	\$150
*Monday	5:30-7 PM	Jennifer Cooper	March 26	9 weeks	\$135
*Mon (w/Yamuna)	7:30-9 PM	Jennifer Cooper	March 26	9 weeks	\$135
Tues (yin yoga)	8-9 AM	Nicole Gordon	March 27	9 weeks	\$99
Tues (w/Restorative)	5:30-7 PM	Vickie Labbe	April 3	9 weeks	\$135
Wednesday	9:30-11:15 AM	Jennifer Cooper	March 28	10 weeks	\$150
Wednesday	4:30-6 PM	Phoenix Kenney	April 4	9 weeks	\$135
Wednesday	6:30-8 PM	Michael Doyle	April 4	8 weeks	\$125
Friday	6-7:30 AM	David Reese, PT	March 30	10 weeks	\$150
Friday	9:30-11:15 AM	Jennifer Cooper	March 30	10 weeks	\$150
Friday (gentle)	1-2:15 PM	Becca Pellerin	April 6	9 weeks	\$99

*No class 5/7/18

Restorative Yoga

Thursday	5:30-7 PM	Joanne Sullivan	March 29	10 weeks	\$150
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Therapeutic Program

Thursday	10-12 PM	Vickie Labbe	April 5	9 weeks	\$195
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with Kenneth Kohl, LMT

Meditation & Yoga

Saturday	11:30-1 PM	Vickie Labbe	April 7	6 weeks	\$89
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The Feldenkrais Method®

Tuesday	10:30-12PM	Marilyn Hardy	March 27	5 weeks	\$89
			May 1	5 weeks	\$89

Yamuna Body Rolling®

Tuesday	9:15-10:15AM	Jennifer Cooper	March 27	9 weeks	\$99
Thursday	5-6 PM		April 5	5 weeks	\$59

Yoga Philosophy

Wednesday	11:30-1PM	Stacy Smith	4/11, 5/9 & 6/6	donation	
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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