



Cheryl Rossman RYT500

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Day/Class	Time	Place	Description
Monday 4 week series Yoga for girls 9-13	4:30-5:45 PM	Yoga Life InstituteNH 6 Chestnut Street Exeter NH Register: Brian Serven <a href="mailto:brian@yogalifenh.com">brian@yogalifenh.com</a>	The class is designed to build confidence and self-awareness through positive messaging, journaling and relaxation. A wonderful addition to your child's toolbox.
Tuesday 1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup> Senior Chair Yoga	10:00-10:45AM	Brentwood Rec Center 190 Calif Highway (rte. 125) Brentwood, NH	This class helps to build strength and balance. We practice a variety of with a chair as needed.
Tuesday 2 <sup>nd</sup> & 4 <sup>th</sup> Senior Chair Yoga	9:00-9:45 AM	Brentwood Rec Center 190 Calif Highway (rte. 125) Brentwood, NH	This class helps to build strength and balance. We practice a variety of with a chair as needed.
Tuesday 4 week series Yoga for kids 5-10 adult class at same time.	4:30-5:30 PM	Yoga Life InstituteNH 6 Chestnut Street Exeter NH Register: Brian Serven <a href="mailto:brian@yogalifenh.com">brian@yogalifenh.com</a>	Each week we will practice poses, breaths, relaxation and meditation suitable for children to incorporate into their daily routine.
Tuesday weekly Multilevel class	6:30-7:45 PM	Brentwood Rec Center 190 Calif Highway (rte. 125) Brentwood, NH	This class is designed for all levels. A variety of poses and breaths are taught followed by relaxation and meditation.
Wednesday 5 week series Yoga for kids	3:00-4:00 PM	Centre School 53 Winnacunnet Rd, Hampton, NH 03842 Pre-register with Rene: <a href="http://hamptonnh.gov">http://hamptonnh.gov</a>	Each week we will practice poses, breaths, relaxation and meditation suitable for children to incorporate into their daily routine.
Wednesday weekly Restorative Yoga	6:30-7:30 PM	Stillpoint Wellbeing Center 31 Main Street Plaistow, NH 603-974-1630 <b>Registration :</b> <a href="http://www.stillpointwellbeingcenter.com/services/yoga-2/">http://www.stillpointwellbeingcenter.com/services/yoga-2/</a>	Restorative yoga is a form of yoga that seeks to achieve physical, mental and emotional relaxation with the aid of props. The use of props makes it easier for you to maintain balance while you are stimulating and relaxing your body.
Thursday 5 week series Yoga and Journaling	3:00-4:00 PM	Marston School 4 Marston Way, Hampton, NH 03842 Pre-register with Rene: <a href="http://hamptonnh.gov">http://hamptonnh.gov</a>	The class is designed to build confidence and self-awareness through positive messaging, journaling and relaxation. A wonderful addition to your child's toolbox.
Thursday weekly Weather permitting YOGA by Donation	4:00-4:30 PM 4:45-5:15 PM	Exeter Farmers' Market ---SEASONAL Swasey Parkway Exeter NH	YOGA by Donation is a class for children. The class allows your child to experience yoga in casual outdoor setting.