



Cheryl Rossman RYT500

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| Day/Class   | Time           | Place  | Description  |
|---|----------------|--|--|
| Monday<br>weekly<br>Play Date Yoga  | 10:30-11:15 AM | Exeter Rec, 32 Court St, 2 <sup>nd</sup> Floor, Exeter NH<br>Register: Cheryl <a href="mailto:crossnh@comcast.net">crossnh@comcast.net</a><br><b>NEW LOCATION STARTING 2/27/17</b>   | The class is designed for the child and care giver to experience yoga together.  |
| Monday<br>weekly<br>Yoga and Journaling<br>for girls 9-13                           | 4:30-5:30 PM   | Yoga Life InstituteNH, 6 Chestnut Street, Exeter NH<br>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<br>1 <sup>st</sup> , 3 <sup>rd</sup> & 5 <sup>th</sup><br>Senior Chair Yoga | 10:00-10:45 AM | Brentwood Rec Center<br>190 Calif Highway (rte. 125)<br>Brentwood, NH  | This class helps to build strength and balance. We practice a variety of poses with a chair as needed.   |
| Tuesday<br>2 <sup>nd</sup> & 4 <sup>th</sup><br>Senior Chair Yoga                   | 9:00-9:45 AM   | Brentwood Rec Center<br>190 Calif Highway (rte. 125)<br>Brentwood, NH  | This class helps to build strength and balance. We practice a variety of poses with a chair as needed.   |
| Tuesday<br>weekly<br>Yoga for kids 5-10   | 4:30-5:30 PM   | Yoga Life InstituteNH, 6 Chestnut Street, Exeter NH<br>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 day.  |
| Tuesday<br>weekly<br>Multilevel class   | 6:30-7:45 PM   | Brentwood Rec Center<br>190 Calif Highway (rte. 125)<br>Brentwood, NH  | This class is designed for all levels. A variety of poses and breaths are taught followed by relaxation and meditation.  |
| Wednesday<br>5 week series<br>Yoga for kids   | 3:00-4:00 PM   | Centre School<br>53 Winnacunnet Rd, Hampton, NH 03842<br>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 day.  |
| Wednesday<br>weekly<br>Restorative Yoga   | 6:30-7:30 PM   | Stillpoint Wellbeing Center , 31 Main Street, Plaistow, NH<br>603-974-1630<br><b>Registration :</b><br><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 state with the aid of props. Making it easier for you to relax and release tension/stress. |
| Thursday<br>Weekly Chair Yoga   | 12:00-1:00 PM  | Stillpoint Wellbeing Center , 31 Main Street, Plaistow, NH<br>603-974-1630<br><b>Registration :</b><br><a href="http://www.stillpointwellbeingcenter.com/services/yoga-2/">http://www.stillpointwellbeingcenter.com/services/yoga-2/</a> | This class helps to build strength and balance. We practice a variety of poses with a chair as needed.   |