

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Fall 2019			CHAIR & MAT 9-10 am
		CHAIR & MAT 3:00 - 4:15pm			CHAIR & MAT 2:45 - 4:00 pm	
		BEGINNER YOGA 6:00 - 7:15 pm		MODERATE YOGA 6:00 - 7:15 pm		
Tuesday class at A Yoga Leaf, Framingham			Thursday and Saturday Classes at Open Spirit Center Framingham			
Join our series anytime.			Some experience and fitness required for Moderate Yoga.			
whiteviewyoga@gmail.com			Drop ins welcome.			
Tues/Frid Chair & Mat Yoga with Lisa at Natick Senior Community Center. Drop-ins welcome.						
		NSCS please bring a mat.				