



Yoga Haven – Scarsdale Friday Night, 6pm Iyengar Class Schedule

February

2/10 Class Cancelled!

2/17 Claudia

2/24 Jill

MARCH

3/2 Claudia (standing poses)

3/9 Class cancelled

3/16 Claudia (forward bends)

3/23 Jill (backbends)

3/30 Jill (restorative)

APRIL

4/6 Claudia (standing)

4/13 Jill (forward bends)

4/20 Claudia (backbends)

4/27 Jill (restorative)

updated: 2/9/12