

# The Triad Center for Yoga & Well-Being

## July 2008

(603) 669-YOGA

Visit Us Online at: [www.TheTriadCenter.com](http://www.TheTriadCenter.com)

- 7/4 Studio Closed-HAPPY 4TH!
- 7/7 & 7/21 NIA Dance Class \$15/class
- 7/9 N'Yoga (NIA and Yoga free intro class)
- 7/14 Group Meditation
- 7/16 N'Yoga 6-wk session starts \$65 (registration required)
- 7/16 "Kunda-chi" (Kundalini/Tai chi fusion) pre-register \$15
- 7/18 NIA Jam-\$15
- 7/24 Tai Chi new 6-wk series \$65
- 7/28 Reiki Circle
- Belly Dance classes are drop-in for July \$12/class (7/17, 24, 31)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 8:30-9:30 am Callanetics  5:30-6:45 pm Gentle Yoga	2 9:00-10:15am Gentle Yoga	3 9 - 10:00 am Sun Salute  *3 - 4:15 pm Tai Chi 6-7:15 pm Restorative <b>**No Belly Dance class</b>	4  <b>HAPPY 4TH OF JULY!</b> <b>(STUDIO CLOSED)</b>	5 7:30 - 8:45 am Hatha Yoga 9-10:15 am Hatha Yoga
6	7 9 - 10:15 am Hatha Yoga  6 - 7:15 pm Hatha Yoga <b>7:30 pm NIA Class</b>	8 8:30-9:30 am Callanetics  5:30-6:45 pm Gentle Yoga	9 <b>7:30-8:30 am N'Yoga</b> 9:00-10:15am Gentle Yoga	10 9 - 10:00 am Sun Salute  *3 - 4:15 pm Tai Chi 6-7:15 pm Restorative <b>**No Belly Dance class</b>	11 9 - 10:00 am Callanetics 10 - 11:15 am Hatha Yoga	12 7:30 - 8:45 am Hatha Yoga 9-10:15 am Hatha Yoga
13	14 9 - 10:15 am Hatha Yoga  6 - 7:15 pm Hatha Yoga <b>7:20 - 8 Group Meditation</b>	15 8:30-9:30 am Callanetics  5:30-6:45 pm Gentle Yoga	16 <b>*7:30-8:30 am N'Yoga</b> 9:00-10:15am Gentle Yoga  <b>7:30-8:45pm "Kunda-Chi"</b>	17 9 - 10:00 am Sun Salute  *3 - 4:15 pm Tai Chi 6-7:15 pm Restorative *7:30 - 8:30 Belly Dance	18 9 - 10:00 am Callanetics 10 - 11:15 am Hatha Yoga  <b>6:30-7:30 pm NIA Jam</b>	19 7:30 - 8:45 am Hatha Yoga 9-10:15 am Hatha Yoga
20	21 9 - 10:15 am Hatha Yoga  6 - 7:15 pm Hatha Yoga <b>7:30 pm NIA Class</b>	22 8:30-9:30 am Callanetics  5:30-6:45 pm Gentle Yoga	23 <b>*7:30-8:30 am N'Yoga</b> 9:00-10:15am Gentle Yoga	24 9 - 10:00 am Sun Salute  *3 - 4:15 pm Tai Chi 6 - 7:15 pm Restorative *7:30 - 8:30 Belly Dance	25 9 - 10:00 am Callanetics 10 - 11:15 am Hatha Yoga	26 7:30 - 8:45 am Hatha Yoga 9-10:15 am Hatha Yoga
27	28 9 - 10:15 am Hatha Yoga  6 - 7:15 pm Hatha Yoga <b>7:30 pm REIKI CIRCLE</b>	29 8:30-9:30 am Callanetics  5:30-6:45 pm Gentle Yoga	30 <b>*7:30-8:30 am N'Yoga</b> 9:00-10:15am Gentle Yoga	31 9 - 10:00 am Sun Salute  *3 - 4:15 pm Tai Chi 6 - 7:15 pm Restorative *7:30 - 8:30 Belly Dance		