



Debi Testa
 Yoga
 Bach Flower Remedies
 Polarity Therapy & Reiki

Class Schedule

	M	T	W	Th	F	Sat	Sun
AM		Gentle Yoga 9:30-10:45 G		Gentle Yoga 9:30-10:45 G	Gentle Yoga 9:30-10:45 G	Yoga Flow 8:15-9:30 G	
PM	Gentle Yoga 5:30-6:45 G	Restorative Yoga 6:00-7:15 S (Some Tues- days, TBD*)	Yoga for Men Only 6:00-7:15 S				

G GROUP YOGA **S** SPECIALTY CLASSES

All classes held at:

Stone Temple Sanctuary

180 W. Main St. Clinton, CT 06413 (Madison/Clinton Town Line)

*Specialty
Classes*

*** RESTORATIVE YOGA WITH POLARITY
ENERGY WORK**

Class size is limited. Pre-registration is required.
 Tuesdays - Dates to be determined.

YOGA FOR MEN, ONLY

Class size is limited. Pre-registration is required.

Schedule changes due to weather or Holidays are posted on my
 Facebook page: facebook.com/DTestaYoga

**Making aging irrelevant through movement,
 motivation and mindset.**

debitesta.com