



Debi Testa
 Yoga
 Bach Flower Remedies
 Polarity Therapy & Reiki

Class Schedule

| | M | T | W | Th | F | Sat | Sun |
|----|-------------------------------|--|--|--------------------------------|---|-------------------------------|-----|
| AM | | Gentle Yoga 9:30-10:30 Ⓜ | | Gentle Yoga 9:30-10:30 Ⓜ | | Gentle Yoga 8:15-9:15 Ⓜ | |
| PM | Gentle Yoga 5:30-6:30 Ⓜ | Restorative Yoga 6:00-7:15 (Select Tuesdays, TBD*) Ⓜ | Yoga for Men Only 5:45-6:45 Ⓜ | | | | |

Ⓜ GROUP YOGA Ⓜ SPECIALTY CLASSES

All classes held at:

JoySpace Movement Lab

161 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