



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 G		Gentle Yoga 9:30-10:30 G		Gentle Yoga 8:15-9:15 G	
PM	Gentle Yoga 5:30-6:30 G	Restorative Yoga 6:00-7:15 (Select Tuesdays, TBD*) S	Yoga for Men Only 5:45-6:45 S	Gentle Yoga 5:30-6:30 G			

G GROUP YOGA **S** SPECIALTY CLASSES

All classes held at:

JoySpace Movement Lab

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

<p><i>Specialty Classes</i></p>	<p>* RESTORATIVE YOGA WITH POLARITY ENERGY WORK Class size is limited. Pre-registration is required. Tuesdays - Dates to be determined.</p> <p>YOGA FOR MEN, ONLY Class size is limited. Pre-registration is required.</p>
-------------------------------------	---

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