



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 Ⓜ			
PM	Gentle Yoga 5:30-6:30 Ⓜ	Restorative Yoga 6:00-7:15 (Select Tuesdays, TBD*) Ⓜ	Yoga for Men Only 5:45-6:45 Ⓜ	Gentle Yoga 5:30-6:30 Ⓜ			

Ⓜ 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](https://facebook.com/DTestaYoga)

Making aging irrelevant through movement,  
 motivation and mindset.

[debitesta.com](http://debitesta.com)