



LIVE-STREAM CLASS SCHEDULE <i>as of October 30, 2023</i>		Zoom Class Information
MONDAY 9:00 -10:15 am	THERAPEUTIC YOGA <i>with Teri Roseman</i>	<ul style="list-style-type: none"> - Register for classes online - Registration email with link sent - All classes held on Zoom - Download Zoom (free) - Reminder emails and texts 1-hour, 15 and 5-minutes before class - Sign on - wait until admitted - Participants muted upon entry. (You may unmute yourself) - Host may mute or unmute - Create a space for yourself where you have some room to move, a good wi-fi signal, and minimal background noise - Yoga mat and props nearby - Orient your screen and mat in your space so that you can best see the teacher and the teacher can best see you, preferably side angle or diagonal side view - Zoom - Gallery View: all participants - Speaker View larger view teacher - Teacher will take roll call - Time at the beginning and end of class for community greetings and shared comments
TUESDAY 9:00 -10:15 am	CHAIR PRIME OF LIFE YOGA® <i>with Don Henry</i>	
1:30 - 2:30 pm	COMMUNITY CLASS <i>with Laurie Angress/Deanna Courtney/Sonia Stiefel (shared class)</i>	
7:00 - 8:15 pm	VIRTUAL TAI CHI – QI GONG <i>with Jonathan Sevall</i>	
WEDNESDAY 9:00 -10:15 am	MIXED LEVEL FLOW <i>with Sonia Roveri Stiefel</i>	
7:00 - 8:15 pm	THERAPEUTIC YOGA <i>with Teri Roseman</i>	
THURSDAY 8:00 - 8:45 am	IREST® MEDITATION <i>with Laurie Angress</i>	
9:00 -10:15 am	ALL LEVEL YOGA <i>with Deanna Courtney</i>	
FRIDAY 9:00 -10:15 am	PRIME OF LIFE YOGA® <i>with Don Henry</i>	
SATURDAY 9:30 -10:45 am	YOGA REGENERATION <i>with Pamela Blackstone / Parameshwari (shared class)</i>	
SANDAY 9:00 -10:15 am	PRECISION + PLAY <i>with Michelle Marlahan</i>	