

The Yoga Barn

SOUTH ROAD, CHILMARK
www.scarleyoga.com
508.645.YOGA

The Yoga Barn is open! A exquisitely restored New England barn located in a beautiful pondside meadow, the Yoga Barn is an transformational space for yoga and bodywork. The light-filled studio will inspire you to deepen your practice under the expert instruction of our teaching staff. Two comfortably appointed bodywork rooms offer the best in massage therapies to enhance your well-being. Call 508.645.YOGA or visit www.scarleyoga.com for up-to-date class schedules. To schedule a bodywork session, call Rex at 508.641.4893. The Yoga Barn is on South Road, just over the Chilmark town line, across from Campbell & Douglas.

Instructors

please contact instructors directly for information on their classes.

Caitlin Cook	pilates	caitlinbc@earthlink.net 508-645-2500
Megan Grennan	hatha yoga	www.megangrennanyoga.com 508-696-3884
Scarlet Jarrell	kripalu	scarlet@scarleyoga.com 508-645-YOGA
Kanta Lipsky	kripalu	kanta@capecod.net 508-696-1917
Bonnie Menton	vinyasa	bonnie4yoga@comcast.net 508-696-8682
Josh Montoya	yin yoga	montoyayoga@gmail.com 508-560-6009
Jane Norton	anusara-inspired®	inspirationyoga@mac.com 508-776-9428
Sian Williams-Bassett	trance dance	pandavine@yahoo.com 508-696-0037

The Yoga Barn February 2009 schedule

classes \$15 10-class card \$130

MON	TUE	WED	THU	FRI	SAT	SUN
	7 AM JANE ANUSARA- INSPIRED®		7 AM JANE ANUSARA- INSPIRED®		8:30 AM MEGAN HATHA	8:30 AM JOSH YINYOGA
9 AM BONNIE VINYASA	9 AM JANE ANUSARA- INSPIRED®	9 AM PRIMO ANUSARA- INSPIRED®	9 AM KANTA KRIPALU	9 AM BONNIE VINYASA	10:30 AM JANE ANUSARA- INSPIRED®	10:30 AM MEGAN HATHA
					12:30 PM MEGAN - YOGIC CORE - 1 hour class	
5:30 PM CAITLIN PILATES	5:30 PM BONNIE VINYASA	5:30 PM JOSH YINYOGA	5:30 PM JANE ANUSARA- INSPIRED®	5:30 PM SIAN VINYASA		

For up-to-the-minute class information, call 508.645.YOGA (9642)
 Any snow cancellations will be made at least one hour before the
 scheduled class start time.