



WAINWRIGHT HOUSE

260 Stuyvesant Ave Rye, NY

914.967.6080

www.wainwright.org

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Fall Yoga + Movement + Meditation Schedule

Drop-In Fee: \$10 Member, \$15 Non-Member; Meditation \$5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 Therapeutic Yoga w/ Iekelien Buurman	10:30-11:30 Yoga + Meditation w/ Kelly Peterson	11:00-12:00 Tai Chi w/ Stu Reis	10:30-11:30 Yoga + Meditation w/ Kelly Peterson	10:45-11:15 Guided Meditation w/ Dawn Baird
11:00-12:00 Tai Chi w/ Stu Reis	12:30-1:30 Therapeutic Yoga w/ Iekelien Buurman	12:30-1:00 Heartfelt Meditation w/ Mary-Lynn Masi	12:30-1:30 Basic Vinyasa w/ Iekelien Buurman *Resumes 9/13*	12:30-1:30 Vinyasa Yoga w/ Jill Geller
12:30-1:00 Mindful Meditation w/ Beth Gallos		5:30-6:30 Yin Yoga w/ Albert Alfredo		
12:30-1:30 Yin Yoga w/ Laura White				
6:30-7:30 QiGong w/ Dana McAvity			SATURDAY	SUNDAY
7:30-8:00 Mindfulness Meditation w/ Jackie Berner			10:00-10:30 Mindfulness Meditation w/ Jackie Berner	5:00-5:30: Family Meditation w/ Julie Engerran
			10:30-11:30: Basic Yoga w/ Hiromi Nomoto	