

Yoga in Spa State Park

Summer Yoga Schedule 2024 6/1 to 8/31

Under the Brick Archways of the Administration Bldg, Saratoga Spa State Park
Thunder, lightening or too cold, class will be inside Roosevelt II Bldg.

Day	Time/Class	Instructor
Monday	5:00-6:00 pm Foundations of Flow	Anna Muench Witt-embodyoganna@gmail.com
Tuesday	9:00-10:00 am Intuitive Yoga Flow	Julie Coluccio- juliecoluccio@yahoo.com
Wednesday	9:00-10:00 am Gentle Yoga	Judy Pawlick - sweetiyogaforyou@gmail.com
Thursday	9:00-10:00 am Intuitive Yoga Flow	Julie Coluccio - juliecoluccio@yahoo.com
Friday	9:00-10:00 am Vinyasa Flow	Amy Deluca -acddesigner@gmail.com
	9:30-10:45 am Foundations of Flow	Anna Muench Witt -embodyyogaanna@gmail.com Held Inside the Roosevelt II Bldg
Saturday	8:00-9:15 am Empower Vinyasa Flow	Judy Pawlick - sweetiyogaforyou@gmail.com *No 8am Class Memorial Day Weekend and June 15
	9:30-10:30 am Vinyasa Yoga	Joe Dopp - joedopp15@gmail.com
Sunday	9:00-10:00 am Intuitive Yoga Flow	Julie Coluccio - juliecoluccio@yahoo.com

No pre-registration required, just come! Suggested donation \$15.

Email instructor with any questions. Beginners Welcome!