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## Maggie Has Announced Fall Term Classes

Yoga Therapy International's fall term is 10 weeks, from September 24 to December 14.  
No classes: Oct 3<sup>rd</sup> and Nov 9-14<sup>th</sup>

**RELAX & ENERGIZE:** Sundays 4pm to 6pm

In this class, you will experience a mix of standing, seated and supine/prone poses that focus on flexibility, strength & relaxation. Expect to have some energy to do your Sunday evening chores yet sleep deeply Sunday night!

**RISE & SHINE:** Tuesdays 10am to 12pm

This is our most challenging class, starting with 30 minutes of supine strengthening poses, followed by 1 hour of standing poses, and ending with 30 minutes restorative breathing and meditation poses. By the end of the class, you will shine like the noontime Sun! Be relaxed yet efficient for the rest of your day. Eat a light breakfast by 9am please.

**RELAX & RESTORE:** Thursdays 7pm to 9pm

This is our most relaxing class all on your back! We start with 30 minutes of warm up poses before doing 45 minutes of deep tissue stretching. We end the class with 45 minutes of restorative breathing and meditation poses. By the end of the class, you should plan to go straight home to bed for a deeply restorative night of deep sleep. Eat a light dinner by 6pm please.

Learn more at [Group Therapeutic Yoga](#) [1].

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