

Osterville
O'Well
 Wellness Day 2017

**Saturday
 May 6th**

These classes are free, and open to all on a first come first serve basis.

They are meant for all levels - including first timers.

Please bring your own mat. If you don't have a mat, use a beach towel!

Class Schedule

Please note class locations - Library in black / **Baptist Church in Orange**

Time	Activity	Location	Instructor	Class Size
8 am	Walk/Jog	Wianno Ave Post Office	Amy & Sean Doherty	Open
9 - 10 am	Yoga for Real Bodies	Main Library	Lora Ziemba	10
9:45 - 10:15 am	Hatha Yoga	Rowland Room	Eileen Skiver	10
10 - 10:30 am	10 - 16 YR Yoga	Children's Room	Brianna Melendez	10
10:30 am	Parent/Child Yoga	Baptist Church	Linda Catalina	20
10:30 - 11 am	Hatha Yoga	Rowland Room	Eileen Skiver	10
10:45 am	Calmer Choice Parent/Child	Children's Room - space limited, register early	Registration required: www.calmerchoice.org/events	20
11 am	Low Impact Cardio Class	Library Lawn - Weather Permitting	Dianne Francis	As available
11:10 - 11:40 am	Meditation	Rowland Room	Michele Sheridan	15
11:15 am	Hatha Yoga	Baptist Church	Amy McCracken	15
11:30 am	Calmer Choice Info Session	Children's Room	Presented by Calmer Choice	As available
11:45 - 12:15 pm	Yoga for the Non-Bending Body	Rowland Room	Stephanie Blaisdell	10
12 - 12:30 pm	Chair Yoga	Main Library	Michelle Fairbanks	10
12:00 pm	Hatha Yoga	Baptist Church	Julia Klubuk	15
12:30 - 1 pm	Kundlini Yoga	Rowland Room	Mary Mullin	10