elementalom

THE MONTGOMERY STUDIO

9510 Montgomery Road
Cincinnati, Ohio 45242

Monday
9:30 – 10:45 am, Hatha Yoga w/ Karrie
6:30 – 7:45 pm, New to Yoga (7 Spiritual Laws of Success) with Pamela Quinn
8 :00 – 9:00 pm, Vinyasa Flow
21:00 – 6:00 pm, Store hours with Patti Kessler

Tuesday
9:30 – 10:45 am, Vinyasa Flow w/ Lori
6:00 – 7:00 pm, Hatha Yoga led by Pamela Quinn

Wednesday
9:30 – 10:45 am, Restorative with Laura
7:30 – 8:45 pm, Yin Yoga w/ Deana

Thursday
9:30 – 10:45 am, Slow Flow & Yin with Christy
6:00 – 7:10 pm, Restorative with Vickie
7:30 – 8:45 pm, Kundalini w/ Sarah Schulte

Friday
9:30 – 10:30 am, Vinyasa Flow w/ Lynn
11 – 12:15 pm, Kundalini Yoga with Amar

Saturday
8:00 – 9:00 am, Restorative and Healing with Sarah
9:30 – 10:45 am, Hatha Yoga w/ Pamela
11:00 – 12:30 pm, Master Class w/Vickie

Sunday
9:30 – 10:45 am, Kundalini w/ Anne
5:00 – 6:15 pm, Restorative Yoga w/ Laura

THE LEBANON STUDIO

46 East Mulberry Street
Lebanon, Ohio 45036

Monday
9:00 – 10:15, Hatha Yoga with Christy (starts 12/1)
6:00 – 7:15 pm, Gentle Yoga w/Stephanie
7:30 – 8:45 pm, Hatha Yoga w/Haley

Tuesday
9:30 – 10:45 am, Yin Yoga w/Christy
6:30 – 7:45 pm, Hatha Yoga w/ Stephanie

Wednesday
9:30 – 10:45 am, Hatha w/ Christy
6:30 – 7:45 pm, Hatha w/ Haley

Thursday
9:30 – 10:45 am, Gentle Yoga w/ Haley
7:00 – 8:15 pm, Vinyasa Flow

Friday
9:30 – 10:45 am, Hatha Yoga w/Haley

Saturday
9:00 – 10:15 am, Vinyasa Flow w/Lori
11:00 – 12:00 pm, Community Yoga with EOM Teachers in Training. Appropriate for those NEW To Yoga. Donation or use your class pass. Unlimited passes not accepted.

Sunday
9:00 – 10:15 am, Gentle Yoga w/Dawn
5:00 – 6:15 pm, Yin Yoga, with Stephanie

Teacher Training Open House
The Montgomery
Saturday, November 22nd
12 – 1:00 pm

Pop in and learn about our 200 ryt and holistic coaching certification process. We being in March of 2015. To learn more, email or call Pamela at 513.315.5042 or Pamela@elementalom.com

Aging Gracefully
New to Yoga, Female, and over 40? This workshop is for you.
Saturday, December 13th
12 – 4 pm
lunch included
$67
at Root Down Yoga in Symmes
11928 Montgomery Road

Upcoming Events