



Be Nourished

Holistic Health Coaching



Yoga Classes & Workshops with Corrina Richards

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			POWER 9:30-11am WHY		
				HOT 11-12:15pm WHY	
					RESTORATIVE WORKSHOPS 12:30-3pm
RESTORATIVE 4:30-6pm WHY		RESTORATIVE 4:30-6pm WHY		ARM BALANCE & INVERSION WORKSHOPS 1:30-3:30pm	
		VINYASA 6:30-7:30pm NYSC			

Studio Contacts:

West Hartford Yoga
23 Brook Street
West Hartford, CT
(860) 953-9642

Rasa Yoga Shala
36 Lasalle Rd, 2nd Flr
West Hartford, CT
(860) 216-6079

Sacred Movement Yoga
10 Sims Road
West Hartford, CT
(860) 990-2555

New York Sports Club
65 Memorial Road
West Hartford, CT
(860) 236-5400