



STILLPOINT

YOGA STUDIO

CLASS SCHEDULE

Delia Quigley, Instructor

908-362-1668 www.deliaquigley.com
155 Rt. 94, Blirstown, NJ 07825

MONDAY	LEVEL I - ENLIGHTEN	9:30-10:45 a.m.
MONDAY	BALANCE BALL	6:30-7:30 p.m.
TUESDAY	GENTLE MOVEMENT	4:15-5:15 p.m.
TUESDAY	LEVEL II - LIBERATION	5:30-6:45 p.m.
WEDNESDAY	OPEN - INSPIRATION	9:30-10:30 a.m.
WEDNESDAY	BALANCE BALL	10:45-11:30 a.m.
WEDNESDAY	LEVEL I - ENLIGHTEN *TT*	6:30-7:30 p.m.
THURSDAY	LEVEL II - LIBERATION	4:00-5:15 p.m.
THURSDAY	GENTLE MOVEMENT	5:30-6:30 p.m.
FRIDAY	LEVEL II - CHALLENGE	9:30-10:45 a.m.
SATURDAY	OPEN - INSPIRATION	9:00-10:00 a.m.
SUNDAY	LEVEL II - CHALLENGE	9:30-10:45 a.m.

TT this class is taught by our Ha-Tha Yoga Method teachers in training.

STUDENT CONSIDERATIONS:

- Please arrive at least 5 to 10 minutes before class begins.
- If you arrive while class is in session please wait quietly in the front room.
- Please remove shoes before entering the yoga space.
- Please avoid wearing heavy scented perfumes or lotions.
- Wear loose clothing or yoga clothes and layer for warmth.
- Remove unnecessary jewelry and leave safely at home.
- Please bring a yoga mat and not a cushioned "exercise mat".
- Please turn off all cell phones before class.
- If you are a new student, please fill out a Registration Form.
- Please key-in at the front desk before your class begins.