

December 6, 2016

## NATURE COAST YOGA TEACHERS ASSOCIATION CLASS LIST

<b>Citrus County – Chassahowitzka (Homosassa)</b>					
	<b>Class Name</b>	<b>Day</b>	<b>Time</b>	<b>Instructor</b>	<b>Phone</b>
Chassahowitzka Community Center 10300 Riviera Drive Homosassa, FL 34448					
	Gentle Yoga	W	10:00 am	Ann Sandstrom	352-382-7397

<b>Citrus County – Crystal River</b>					
	<b>Class Name</b>	<b>Day</b>	<b>Time</b>	<b>Instructor</b>	<b>Phone</b>
<b>Central Florida Clinic for Rehabilitation</b> 255 SE 7th Avenue Crystal River, FL 34429					
	Multi-level Yoga	M	5:30 pm	Mary Lyons	352-795-3710
	Yoga Therapy	Th	4:30 pm	Mary Lyons	352-795-3710
	Multi-level Yoga	Th	6:00 pm	Mary Lyons	352-795-3710
<b>Citrus Yoga and Fitness</b> 1578 N. Meadowcrest Boulevard Crystal River FL 34429 Director: Laura Boetto <b>Please see website:</b> citrusyogaandfitness.com <b>Phone:</b> 352-794-3810					

<b>Citrus County – Dunnellon</b>					
	<b>Class Name</b>	<b>Day</b>	<b>Time</b>	<b>Instructor</b>	<b>Phone</b>
<b>Too Your Health Spa</b> <b>Membership Required</b> 2174 Dunnellon Road Dunnellon, FL 34433 352-489-3383					
	Gentle/Beginner	W	10:00 am	Kathy ALTum	352-322-0365
	Intermediate Flow	W	11:00 am	Kathy ALTum	352-322-0365
<b>Kathy's Yoga</b> 19114 St. Benedict Drive Dunnellon, FL 34432 352-322-0365					
	Gentle	Th	6:15pm	Kathy Altum	352-322-0365

Please confirm class schedule and location with the yoga teacher prior to attending the first class. For any updates, send an email to Mary Sue Barry (barrymarysue@gmail.com) or call 586-623-7632.

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# NATURE COAST YOGA TEACHERS ASSOCIATION CLASS LIST

<b>Citrus County – Homosassa</b>					
	<b>Class Name</b>	<b>Day</b>	<b>Time</b>	<b>Instructor</b>	<b>Phone</b>
<b>West Citrus Community Center</b>					
8940 West Veterans Drive Homosassa, FL 34446					
	Gentle Yoga	Th	10:00 am	Ann Sandstrom	352-382-7397
<b>Anytime Fitness</b>					
5715 S Suncoast Blvd Homosassa, FL 34446					
	Multi-level	M	5:00 pm	Michele DiDomenico	352-870-7687
	Multi-level	Tu	9:00 am	Michele DiDomenico	352-870-7687
	Multi-level	Th	10:15 am	Michele DiDomenico	352-870-7687
	Multi-level	Th	5:00 pm	Michele DiDomenico	352-870-7687
	Multi-level	Sat	10:15 am	Michele DiDomenico	352-870-7687
<b>Walden Woods</b>					
	Multi-level	Fr	12:00 pm	352-870-7687	352-870-7687

<b>Citrus County – Inverness</b>					
	<b>Class Name</b>	<b>Day</b>	<b>Time</b>	<b>Instructor</b>	<b>Phone</b>
<b>Inverness Yoga &amp; Wellness Center</b>					
324 S Kensington Avenue Lecanto FL 34461 Director: Lace Blue-McLean <b>Please see website for class details:</b> <a href="http://yogawithlace.com">yogawithlace.com</a> <b>Phone:</b> 352-201-0149					
<b>Share Building at Citrus Memorial Hospital</b>					
Inverness					
	Gentle	Wed	6:15 pm	Kathy Altum	352-322-0365

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## NATURE COAST YOGA TEACHERS ASSOCIATION CLASS LIST

<b>Hernando County – Brooksville</b>					
	<b><i>Class Name</i></b>	<b><i>Day</i></b>	<b><i>Time</i></b>	<b><i>Instructor</i></b>	<b><i>Phone</i></b>
<b><i>Gold's Gym Brooksville</i></b> 20126 Cortez Boulevard Brooksville, FL 34601					
	Multi-level Yoga	Tu	8:30 am	Tammy Thomas	352-232-1854
	Multi-level Yoga	Tu	8:30 pm	Tammy Thomas	352-232-1854
<b><i>Ahhochee Hill, Lake Lindsay Road, Brooksville, FL</i></b>					
	Gentle Yoga	Tu	6:00 pm	Chris Cock	352-238-4606
	Gentle Yoga	Sat	10:00 am	Chris Cock	352-238-4606
<b><i>Tammy Thomas-Manchester</i></b> 19298 Hidden Oaks Drive Brooksville, FL 34603					
	Multi-level Yoga	W	6:30 pm	Tammy Thomas	352-232-1854

<b>Hernando County – Spring Hill</b>					
	<b><i>Class Name</i></b>	<b><i>Day</i></b>	<b><i>Time</i></b>	<b><i>Instructor</i></b>	<b><i>Phone</i></b>
<b><i>House of Light</i></b> 2129 Mariner Boulevard Spring Hill, FL 34609 Director: Kathy Kowalski <b>Please see website: <a href="mailto:yoga@houseoflight.net">yoga@houseoflight.net</a></b> <b>Phone: 352-610-1093</b>					

<b>Pasco County – Port Richey</b>					
	<b><i>Class Name</i></b>	<b><i>Day</i></b>	<b><i>Time</i></b>	<b><i>Instructor</i></b>	<b><i>Phone</i></b>
<b><i>Flow Yoga</i></b> 7711 Grand Boulevard Port Richey, FL 34668 727-848-7283 Director: Faith Bevan <b>Please see website: <a href="http://flowyoga.biz">flowyoga.biz</a></b> <b>Phone: 727-848-7283</b>					

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