

SMC Outdoor Yoga Classes

Enjoy the outdoors while connecting to your yoga practice this Summer at Saw Mill Club!

Classes will be offered outdoors on the lawn to the south end of the the club (between Mt Kisco Storage and SMC tennis court 5). Please bring a blanket and any props that you will need. We are requesting that any props borrowed from the SMC are kindly returned after your class.

Thursday June 26	5:30PM	Dorothy
Friday June 27	9:30AM	Basil
Friday July 18, 25	9:30AM	Basil
Thursday July 10, 24	5:30PM	Dorothy
Friday August 1, 8, 15	9:30AM	Basil

Please note:

In the event of inclement weather for Friday's 9:30 am, class will be cancelled. All other classes will be held indoors. SMC Outdoor Yoga Classes will take the place of regularly scheduled classes.