



Weekly Yoga & Meditation with Anne Curtis

All classes are offered both online and in person: Click the studio names below to sign up.

Interested in yoga any time, any where?

Join my [Online Yoga Membership](#) & receive access to a library of 70+ videos.

I look forward to practicing with you!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9AM - 10:30AM ALL LEVELS AT THE LOFT</p>		<p>9:30AM - 11AM ALL LEVELS AT THE ARLINGTON CENTER</p>		<p>9:30AM - 11AM ALL LEVELS AT THE ARLINGTON CENTER</p>
<p>12PM - 1PM GENTLE YOGA AT THE ARLINGTON CENTER</p>				
<p>5:30PM - 6PM FREE MEDITATION CLASS ONLINE</p>		<p>5:30PM - 7PM ALL LEVELS AT THE ARLINGTON CENTER</p>		

