

Doris' Teaching Schedule, DECEMBER 2025

MONDAYS

4:30pm-5:30pm flow & restore

virtual

5 week session, starts DECEMBER 1-29

\$87.50 total if paid upfront at time of 1st class (that's \$17.50/class)

\$18.50/class drop in

**sign up with Doris directly, cell 917-687-1283

6pm-7pm restorative

virtual

3 week session: DECEMBER 1, 15, 22

\$52.50 total if paid upfront at time of 1st class (that's \$17.50/class)

\$18.50/class drop in

**sign up with Doris directly, cell 917-687-1283

TUESDAYS

9:30am-10:30am vinyasa (there will be SUB, DECEMBER 30)

hybrid (in-person and virtual)

\$16-24 drop in virtual/in person class, \$108-145 virtual/in person monthly unlimited class pass

Prancing Peacock, 524 Stony Hill Road, Yardley, PA, tel. 267-679-0791

5:20pm-6:05pm basic/intermediate vinyasa

in person, for UDC employees only

2 week session, starts DECEMBER 9-16

Universal Display Corp., 300 Phillips Blvd, Ewing, NJ

Minimum 5 students pre-registered & pre-paid to run session

\$35.00 total if paid upfront at time of 1st class (that's \$17.50/class)

\$18.50/class drop in

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WEDNESDAYS

9:30am-10:45am align & flow

in person

\$24 drop in, \$120 for monthly unlimited class pass

Flower of Life Yoga Studio, 375 W Trenton Ave, Morrisville, PA, tel. 215-995-3883

FRIDAYS

9:35am-10:35am vinyasa for 55+ (not for beginners)

in person

3 week session, from DECEMBER 5-19

Village of Flowers Mill Clubhouse, 1 Rockcress Way, Langhorne, PA.

Minimum 5 students pre-registered & pre-paid to run session

\$52.50 total if paid upfront at time of 1st class (that's \$17.50/class)

\$18.50/class drop in

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