

YOGA SCHEDULE

APRIL 2019

* = 60 minute class... all other classes are 75 minutes

SUNDAY

9:00*	JIVAMUKTI SPIRITUAL WARRIOR	MAIRI
10:30	GENTLE FLOW (ALL LEVELS)	KELLY
5:00	YIN YOGA	ASHLIE

MONDAY

9:00	HOT FLOW (90*)	LAURIE
10:30*	YOGA BASICS	JULIE
5:15*	RESTORATIVE YOGA	JULIE
6:30	SLOW & DEEP FLOW (WARM)	KELLY
8:00*	MONDAY NIGHTCAP	SARAH

TUESDAY

10:30	BASIC FLOW (BEGINNER)	ANN
5:00	DYNAMIC FLOW	TAMMIE
6:30	YIN & TOK SEN	TAMMIE

WEDNESDAY

10:00	BASIC ALIGNMENT (BEGINNER)	ANN
11:30*	SENIOR CHAIR YOGA	ANN
5:15*	YOGA BASICS	JULIE
6:30	FLOW + RESTORE	NIA

THURSDAY

5:30*	YIN FLOW	KELLY
APRIL 4TH & 11TH YIN TO YANG AT 10:00 WITH STARTING APRIL 18TH YIN TO YANG AT 10:30 WITH		MEGAN
5:00	BACK CARE YOGA	JULIE
6:30	DYNAMIC FLOW (WARM)	ANN
		CAROLANN

FRIDAY

5:30*	YANG FLOW	KELLY
9:00	HOT FLOW (90*)	LAURIE
10:30*	GENTLE FLOW	ANN
6:00	MOON SALUTATIONS BY CANDLELIGHT	KELLY

^MOON SALUTATIONS ARE ONCE A MONTH ON THE FRIDAY BEFORE THE NEW MOON
THIS MONTH: APRIL 5TH, 2019 AT 6 PM NEXT: MAY 3RD, 2019 AT 6 PM.

SATURDAY

8:30	FORREST YOGA (WARM)	LAUREN
10:30	BASIC ALIGNMENT (BEGINNER)	ANN

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DROP-IN'S WELCOME ANYTIME!

PRIVATE / GROUP LESSONS AVAILABLE

CLASS DESCRIPTIONS/REGISTRATION: WWW.AWAKENINGYOGASTUDIO.COM