

YOGA SCHEDULE

JANUARY 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

TUESDAY

9:15*	CORE FUSION	LAURIE
10:30	BASIC FLOW (BEGINNER)	ANN
5:00	DYNAMIC FLOW	TAMMIE
6:30	YIN & TOK SEN	TAMMIE

WEDNESDAY

9:00	YOGA FLOW BY DESIGN	JULIE
10:30*	BASIC ALIGNMENT (BEGINNER)	ANN
5:15*	YOGA BASICS	JULIE
6:30	FLOW + RESTORE	NIA

THURSDAY

5:30*	YIN FLOW	KELLY
9:00	VINYASA+ (WARM)	MEGAN
10:30*	YANG TO YIN	MEGAN
5:00	BACK CARE YOGA	ANN
6:30	DYNAMIC FLOW (WARM)	KELLY

FRIDAY

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

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