

# YOGA SCHEDULE

FEBRUARY 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
10:00	YIN TO YANG	MEGAN
5:00	BACK CARE YOGA	ANN
6:30	DYNAMIC FLOW (WARM)	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: MARCH 1ST, 2019 NEXT: APRIL 5TH, 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](http://WWW.AWAKENINGYOGASTUDIO.COM)**