

YOGA SCHEDULE

SEPT/OCT 2019

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

SUNDAY

9:00*	SOULFUL SALUTATIONS	SARAH
10:30	GENTLE FLOW (ALL LEVELS)	KELLY
5:00	YIN YOGA	ASHLIE

MONDAY

9:00*	VINYASA + WARM	TIFFANY
10:30*	YOGA BASICS	JULIE
5:15*	RESTORATIVE YOGA	JULIE
6:30	YINYASA YOGA	KELLY

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*	BEGINNER CHAIR YOGA	ANN
5:15*	YOGA BASICS	JULIE
6:30	FLOW + RESTORE	NIA

THURSDAY

5:30*	YIN FLOW	KELLY
10:30	FLOW + RESTORE	JULIE
5:45*	YIN YOGA	CAROLANN
7:00*	VINYASA FLOW	CAROLANN

FRIDAY

9:00*	VINYASA + WARM	TIFFANY
10:30*	GENTLE FLOW	ANN

SATURDAY

8:30	FORREST YOGA (WARM)	LAUREN
10:30	BASIC ALIGNMENT (BEGINNER)	ANN
5:00*	COMMUNITY YOGA LUCKY \$7	ROBERT

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WE POST ANNOUNCEMENTS, SCHEDULE CHANGES + INSPIRATION DAILY.

DROP-IN'S WELCOME ANYTIME! PRIVATE / GROUP LESSONS AVAILABLE

CLASS DESCRIPTIONS/REGISTRATION: WWW.AWAKENINGYOGASTUDIO.COM