



🍀🍀🍀 **MARCH SCHEDULE 2020** 🍀🍀🍀

MONDAY

10:00 – 11:15 FLOW FUSION
11:30 – 12:30 POSTNATAL YOGA: MINI & ME
5:45 – 6:45 YOGA SHRED™ - INSPIRED (HIIT) VINYASA FLOW
7:00 – 8:15 CORE & RESTORE

TUESDAY

7:30 – 8:30 MORNING BLEND
9:00 – 10:15 GENTLE
10:30 – 11:30 SUPER STRETCH
4:00 – 5:15 HAPPY HIPS & BACK
5:30 – 6:30 VINYASA II
7:00 – 8:15 WARM FLOW FUSION

WEDNESDAY

9:00 – 10:15 SLOW FLOW
10:30 – 11:45 YOGA HOUSE MIX
5:45 – 7:00 RESTORATIVE & YIN BLEND
7:15 – 8:30 CANDLELIT RELIEF & RESTORATIVE

THURSDAY

9:00 – 10:15 HAPPY HIPS & BACK
10:30 – 11:45 GENTLE
5:30 – 6:45 GENTLE
7:00 – 8:15 WEIGHTLESS YOGA (YOGA TRAPEZE)

FRIDAY

9:30 – 10:45 TGIF YOGA
11:00 – 12:15 FLOW FUSION
12:30 – 1:45 GENTLE
5:00 – 6:15 PRENATAL YOGA
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 DEEP STRETCH – YIN YOGA
11:15 – 12:45 HATHA WITH DEEP BREATHING & MEDITATION

SUNDAY

10:00 – 11:15 WARM FLOW FUSION
12:00 – 1:15 DEEP STRETCH – YIN YOGA
6:00 – 7:15 CANDLELIT RELIEF & RESORATIVE

WORKSHOPS

*Gentle Weightless Workshop for
Beginners with Erica
(yoga trapeze)
Saturday, March 14TH 2 - 4PM
Cost: \$30 or \$25 before 3/7*

*Intro to YIN- THE WORKSHOP
with Marion
Sunday, March 29th 2 - 4 PM
Cost: \$30 or \$25 before 3/22
Yoga teachers get 2 CEU's

*Wild Women Circle
with Holly
Saturday, March 28th 2 – 5 PM
New Moon Aries – Heat of Passion
Food provided.
Cost: \$40 before 3/21; \$45 after*

*Sound Bath Meditation
with Diane
Sunday, March 22nd 4 -5 PM
Regular class rates*

COMING IN APRIL

*Mala Bead Making Workshop
with Kim
Sunday, April 5th 2 PM Cost: TBD*

*Wild Women Circle
with Holly
Saturday, April 25th 2 – 5 PM
New Moon Taurus – Ecstasy of
Co-Creation \$40 early bird*

*Sound Bath Meditation
With Diane
Sunday, April 12th 4 – 5 PM
Regular class rates*