



## MAY SCHEDULE 2021

### MONDAY

10:00 – 11:15 FLOW FUSION \*\*  
5:45 – 6:45 YOGA SHRED™ VINYASA \*\*  
7:00 – 8:15 CORE & RESTORE

### TUESDAY

9:00 – 10:15 WALL & FLOOR YOGA\*\*  
10:30 – 11:30 SUPER STRETCH \*\*  
4:00 – 5:15 HAPPY HIPS & BACK  
5:30 – 6:30 YOGAJUANA \*\*  
7:00 – 8:15 WARM FLOW FUSION

### WEDNESDAY

9:00 – 10:15 GENTLE STRETCH & FLOW W  
SOUND MEDITATION\*\*  
10:30 – 11:30 WARM FLOW FUSION  
5:45 – 7:00 YOGA FOR STRESS RELIEF \*\*  
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 AERIAL YOGA

### FRIDAY

9:30 – 10:45 TGIF YOGA \*\*  
11:00 – 12:15 MORE CORE\*\*  
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 WEIGHTLESS AERIAL YOGA

### SUNDAY

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

Note: Some class size limitations have been lifted. Please check the schedule for the registration rate to practice at your comfort level.

Please continue to practice health & safety precautions. Masks are welcomed at the individual's discretion.  
- The Yoga House Team



**Twice a week!  
Tuesdays and Fridays**

**\*\*OFFERED  
VIRTUALLY**  
Please register in  
advance for all  
classes.

## SPECIAL EVENTS

**LAKESIDE YOGA SUNDAY, MAY**

**2<sup>ND</sup> AT 10:00 AM**

**\*weather permitting**

### **Wild Women Circle with Holly**

When: Saturday, May 8<sup>th</sup>  
*Love Grows - New Moon Taurus*

Time: 2:00 - 5:00 pm

Cost: \$40 before 5/1

\*Food/beverage provided

### **Bubbly Mother's Day Yoga with Diane and champagne**

When: Sunday, May 9<sup>th</sup>

Time: 10:00 – 11:00 am

reg. class rates

### **The Story Behind the Warrior with Theresa**

When: Saturday, May 15<sup>th</sup>

Time: 2:00

Cost: \$20

### **Sound Bath Meditation with Diane**

When: Sunday, May 23<sup>rd</sup>

Time: 4:30 – 5:30 pm

Cost: reg. class rates

### **NO REG CLASSES ON MONDAY, 5/31 MEMORIAL DAY**

### **Shrug Off Shoulder & Neck Pain with Teri**

When: Saturday, 6/12

Time: 1:30 – 3:30 pm

Cost: \$30

Early bird: \$5 off before 6/5