



MAY SCHEDULE 2019

MONDAY

10:00 – 11:15 FLOW FUSION
5:45 – 6:45 VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

6:15 – 7:00 SUNRISE YOGA
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
4:00 -5:15 HATHA
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

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 – 1:00 SLOW FLOW 5/19 & 5/26 -- YOGA ROOTS ON 5/5 & 5/12
7:00 – 8:15 CANDLELIT RELIEF & RESORATIVE

WORKSHOPS

**YOGA CHALLENGE
PRACTICE 20 TIMES IN MAY
AND ENROLL IN A JUNE
WORKSHOP FOR FREE!
SIGN UP!**

***Happy, Healthy Back bends
with Monica
Sunday, May 5 4:30 – 6:30 pm
\$25 until 4/28, \$30 after***



**GOAT YOGA IS COMING TO
THE YOGA HOUSE!
Join Diane & Goat Yoga Tampa
When: Saturday, May 11th
at The Yoga House (lakeside)
Price: \$35 Time: 4:00-5:00pm
Age requirement: 10 years old
ALMOST SOLD OUT!**

***From the Ground Up!
Inversions & Arm Balances
with Ellen MacKay
Sunday, 5/11:
1:30 – 3:30 pm
\$25 early bird registration***

COMING IN JUNE

***June 8 Sound Bowls
June 15 Healthy Back
June 29 Chakra Tuning***