



MAY SCHEDULE 2023

MONDAY

10:00 – 11:15 FLOW FUSION
11:30 – 12:45 GENTLE
5:45 – 6:45 YOGA SHRED™ INSPIRED VINYASA
7:00 – 8:15 CORE & RESTORE

TUESDAY

9:00 – 10:15 POWER 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 SLOW FLOW & SOUND
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 SUPER STRETCH
5:15 – 6:15 VINYASA
6:30 – 7:30 YOGAJUANA

SATURDAY

8:30 – 9:30 HOT YOGA
10:00 – 11:00 DEEP STRETCH – YIN YOGA
11:15 – 12:45 HEARTFUL HATHA YOGA

SUNDAY

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



Twice a week!
Tuesdays and Fridays

SPECIAL EVENTS

Intro to Kundalini Yoga with Stephanie

Sunday, May 7th
Time: 3:00 – 5:00 pm
Cost: \$40
*RYTs receive 2 CEUs
*Waitlist only

Mother's Day Partner Yoga with Diane

Sunday, May 14th
Time: 10:00 – 11:15 am
Cost: Regular class rates

Mythological Yoga: Sacred Texts with Sallie

*90 min master class
Sunday, May 14th
Time: 1:30 – 3:00 pm
Cost: \$20

Philosophical Yoga: Yoga Sutras, Yamas & Niyamas with Teri

*90 min master class
Saturday, May 20th
Time: 1:00 – 2:30 pm
Cost: \$20
*RYTs receive 1.5 CEUs

Channeling Your Chakras - An Energy Healing Workshop with Teri

Saturday, June 3rd
Time: 1:30 – 4:30 pm
Cost: \$60 (\$55 early bird)
*RYTs receive 3 CEUs



*see website for registration links and details