

Weekly Schedule

Monday

- ✦ 9:30am- Joyful Flow
- ✦ 5:30pm- Gentle Yoga & Yoga Nidra Meditation**
- ✦ 7pm- Yoga Nidra Meditation Only**

Tuesday

- ✦ 9:30am- Slow Flow***
- ✦ 7pm- Gentle Stretch Yoga**

Wednesday

- ✦ 8am- Crystal Bowl & Restorative Yoga*
- ✦ 9:30am- Joyful Flow
- ✦ 5:30pm- Yin Yoga**

Thursday

- ✦ 9:30am- Slow Flow & Stretch**
- ✦ 7pm- Blissful Slow Flow***

Friday

- ✦ 9:30am- Slow Flow***



Saturday

- ✦ 8:30am- Gentle Yoga**
- ✦ 10am- Joyful Flow
- ✦ 11:30am- Core Focus

Sunday

- ✦ 10 am- Joyful Flow