

“The key to growth is the introduction of higher dimensions of consciousness into our awareness.”

May 2022

-Lao Tzu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*Schedule your private between 8am-3pm today!</p> <p>(Y)Beginners Yoga 4:00pm-5:00pm (F)Stretch&Strengthen 6:00pm-7:30pm</p>	<p>(F)Ignite + Hoop 6:00pm- 7:00pm</p>	<p>(Y)Chair Yoga 6:00pm-7:00pm</p>	<p>(Y)Beginners Yoga 5:30pm-6:30pm (Y)Vinyasa Flow 7:00pm-8:00pm</p>	<p>(Y)Yoga in the Park *See note 6:00pm-7:00pm</p>	<p>(Y)Yin Yoga with Yoga Nidra 6:00pm-7:15pm</p>	<p>(Y)Hatha Flow 8:30am-9:30am (Y)Chair Yoga 10am-11am *Schedule your private between 1pm-4pm today! (Y)Candle Lit Evening Flow 6pm-7pm</p>
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