


TAHOE RISING

YOGA AND MEDITATION CENTER



MON	10a	Gentle Yoga
	5:3p	Hatha Yoga
TUE	4pm	Some Like it HOT (95°) Yoga Flow
	5:3p	Therapeutic Yoga, Ropes and RAD balls
WED	9a	Some Like it HOT (95°) Yoga Flow
	5:3p	Yin Yoga for Stress & Trauma Relief
	7:15p	Yoga & Wine: Sip & Flow
THU	9a	Warm (85°) Detox & Restore
	4pm	Some Like it HOT (95°) Yoga Flow
	5:3p	Gentle Yoga & Sound Bath
FRI	10a	Gentle Yoga
	6p	Friday Night Experiences: First: Reiki Circle Second: Yin, Sound & Reiki Third: Sol Motion Dance Class Fourth: Alchemy Bowl Sound Bath
SAT	10a	Warm (85°) Flow to Slow
	11:3a	Therapeutic Yoga, Ropes and RAD balls
SUN	10a	Restorative Yoga & Meditation



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