

MINDFUL MOVEMENT

Zoom & Breathe

May-22

Class Schedule (408) 234-6430

			Yoga	Pilates	All Classes Live & Zoom		
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM							
8:30 AM							
9:00 AM	Gentle Yoga w/ Ball Therapy Cindy (75)						
10:00 AM						Eclectic Vinyasa Flow (10:30am) Cindy (75)	
11:00 AM	Gentle Yoga w/ Weights Cindy (60)		Yogalates w/ Core Cindy (60)		Chill Yoga w/ Balls Cindy (60)		
11:30 AM							
12:30 PM							
3:00 PM							
4:00 PM							
5:30 PM							
Recommended Props	Yoga Mat, Block, Bolster, DynaBand, Therapy Balls and Eye Pillow.	Mat, Pilates Ball, DynaBand and Therapy Balls.	Yoga Mat, Block, Bolster, DynaBand, Therapy Balls and Eye Pillow.	Pilates Ball, Mini Weights and DynaBands.	Yoga Mat, Block, Bolster, DynaBand, Therapy Balls and Eye Pillow.	Yoga Mat, Block, Bolster, DynaBand, Therapy Balls and Eye Pillow.	Yoga Mat, Block, Bolster, DynaBand, Therapy Balls and Eye Pillow.
	<a href="#"><u>Karmasoft Registration Portal</u></a>				<a href="#"><u>Mindful Movement</u></a>		