

MINDFUL MOVEMENT

Breathe Yoga

Fall 2022

Class Schedule (408) 234-6430

			Yoga				
			Breathe Classes Hybrid				
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 AM							
8:30 AM							
9:00 AM	Gentle Yoga w/ Ball Therapy Cindy (75)						
10:30 AM					Therapeutic Yoga Cindy (75) - Subbing	Eclectic Vinyasa Flow Cindy (75)	
11:00 AM							
12:00 PM				Vinyasa Strength w/ Balls Cindy (60)			
1:00 PM							
2:00 PM							
3:00 PM							
4:00 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, Mini Weights, 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.	Yoga Mat, Block, Bolster, Dynaband, Therapy Balls and Eye Pillow.	Yoga Mat, Block, Bolster, Dynaband, Therapy Balls and Eye Pillow.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u>Karmasoft Registration Portal</u>				<u>Mindful Movement</u>		