

MINDFUL MOVEMENT *Breathe Together Yoga* Winter 2023 Class Schedule (408) 234-6430

			Yoga Classes				
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 AM							
9:00 AM	Gentle Yoga w/ Ball Therapy Cindy (75)						
10:30 PM						Vinyasa Flow Yoga Cindy (75)	
11:30 AM							
12:00 PM				Yoga Strong w/ Weights Cindy (75)			
12:30 PM							
2:00 PM							
4:00 PM		Chill Yoga w/ Cindy (60)					
<i>Recommended Props</i>	<i>Yoga Mat, Block, Bolster, Strap and Therapy Balls</i>	<i>Yoga Mat, Block, Bolster, Strap and Therapy Balls</i>		<i>Yoga Mat, Block, Bolster, Dynaband & Weights</i>		<i>Yoga Mat, Block, Bolster and Therapy Balls</i>	