

**MARCH 2025**

<b>Yoga UTOPIA CLASSES</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Gentle Stretch Yoga</b>			10:00 AM (Lena)				
<b>Open Flow Yoga</b>			11:00 AM (Lena)		10:00 AM (Lena)	10:30 AM (Lena)	
<b>YIN Restorative Yoga</b>							
<b>PIYO Flow</b>		9:30 AM (Lena)			11:00 AM (Lena)		
<b>"Mommy &amp; Me" Yoga</b>			2:45 PM (Lena)				
<b>Yoga Nidra (Sleep)</b>							TBD
<b>Little Sprouts Yoga (6-12 yr)</b>	3:15 PM (Lena)						
<b>Pranayama Meditation (30 min)</b>							
<b>REIKI Energy Healing</b>	Available 12pm-3pm (Cara)					AVAIL 3pm-5pm (Cara )	
<b>Spiritual Readings</b>			Available Upon Request				AVAIL 2pm- 5pm (Zack)

**Register Online or via Text at [www.yoga-utopia.com](http://www.yoga-utopia.com) Cell: 917-363-7744 email: [lenabiz@icloud.com](mailto:lenabiz@icloud.com). First Trial Class FREE!!!**