



HeartnSoul Yoga Therapy & Wellness

Summer Class Schedule 7/7



MONDAY

- 11am All Levels Yoga~Corry
- 6pm Restorative&Reiki Massage&Music

TUESDAY

- 9am Pilates Mat~Tammey
- 11am Classic Yoga~Nicole
- 6pm Beginner/Gentle Yoga ~Tricia
- 7:30pm Evening Flow Yoga~Jill

WEDNESDAY

- 11am All Levels Yoga~Corry
- 6pm All Levels Ashtanga ~Debra

THURSDAY

- 9am Pilates Mat~Tammey
- 11am Classic Yoga~Nicole
- 6pm Dance Your Yoga~Alyssa

FRIDAY

- 9am All Levels Yoga~Bonni
- 11am True Chair Yoga~Peggy
- 6pm Yoga with Silks~Bonni
- 7:30 Each Week as Listed Below
- 2nd Trauma Healing/Recovery Yoga Donation
- 3rd Sound Healing-Crystal Chakra Bowls, Ocean Drum+
- 4th Empath/Mediumship Circles

SATURDAY

Workshops & Specialty Classes~Check Website

SUNDAY

- 10am Yoga Therapy for Goddesses
Pre-Natal, Post-Natal, Moms&Friends
- 11:30am Kids Yoga with Silks~Bonni-Lynne

Please check Facebook & Website for new events, specialty classes and courses!



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11AM CLASSIC YOGA~NICOLE
6PM GENTLE YOGA WITH REIKI~TRICIA
7:30PM EVENING YOGA~JILL

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6PM ALL LEVELS ASHTANGA ~DEBRA

THURSDAY

9AM PILATES MAT~TAMMEY
11AM CLASSIC YOGA~NICOLE
6PM DANCE YOUR YOGA~ALYSSA

FRIDAY

9AM ALL LEVELS YOGA~BONNI
11AM CHAIR YOGA~PEGGY
6PM YOGA WIH SILKS \$10~BONNI

7:30PM MONTHLY CLASSES
2ND TRAUMA HEALING/RECOVERY YOGA DONATIONS
3RD SOUND HEALING WITH CRYSTAL BOWLS
4TH EMPATH/MEDIUMSHIP CIRCLES

SATURDAY

WORKSHOPS & SPECIALTY CLASSES
SEE FACEBOOK/WEBSITE

SUNDAY

10AM YOGA THERAPY FOR GODDESSES-PRE-NATAL & POST-NATAL
11:30AM KIDS YOGA WITH SILKS~BONNI-LYNNE



Please check Facebook & Website for new events, specialty classes and