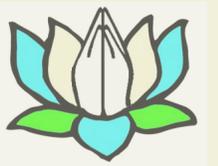


HeartnSoul Yoga Therapy & Wellness



Schedule

Day / Time

Class

Monday

11:00-12:15pm

4:45-5:45pm

6:00-7:15pm

Relaxed Yoga

Yoga Therapy for Goddesses (Pre-Natal, Post-Natal, Moms)

Restorative & Reiki Massage & Live Music

Tuesday

9:00-10:00am

10:15-11:45am

4:30-5:30pm

6:00-7:00pm

7:15pm-8:30pm

Pilates Mat Class

Functional Movement

Teens & Tweens Yoga w Silks

Yoga with Silks for All

Chakra Evening Flow

Wednesday

11:00-12:15pm

6:00-7:15pm

7:30-8:30pm

Relaxed Yoga

Foundations of Yoga

Yogic Study & Advanced Practice

Thursday

9:00-10:00am

10:15-11:45am

5:00-6:00pm

6:00-7:00pm

7:15pm-8:30pm

Pilates Mat Class

Functional Movement

Yoga with Silks for Teens

Dance Your Yoga

Fiinding Your Voice: Women's Recovery Group

Friday

12:00-1:00pm

6:00-7:15pm

7:30-9:00pm

Lunch Time Yoga Break

Yin Yoga & Reiki

See Website for Special Events:-

Yoga for Trauma Healing, Sound Healing, Kirtan, Mediumship

Saturday

10:00-11:15am

All Levels Yoga

Sunday

11:00-11:30am

11:30-12:30pm

4:00-5:15pm

All Levels Yoga with Silks

Kids Yoga w Silks

Kundalini Yoga Cultivating Consciousness