



# HeartnSoul Yoga Therapy & Wellness 2/9

## MONDAY

11-12:15pm  
6-7:30pm

Hatha Yoga \*  
Restorative&Reiki&Massage&Music Signature Class\*

## TUESDAY

9-10:00am  
10-11:15am  
6-7:00pm  
7:15-8:30pm

Pilates Mat Class  
Sunshine Hatha Flow\*  
Yoga with Silks All Levels  
Chakra Flow with Meditation\*

## WEDNESDAY

11-12:15pm  
6:30-8:00pm

Relaxed Hatha Yoga Flow\*  
Yoga Flow\* (changes to Kundalini in March)

## THURSDAY

9-10:00am  
11-12:15pm  
6-7:00pm  
7:15-8:15pm

Pilates Mat Class  
Yoga Therapeutics\*  
Yoga Flow\*  
Chair T'ai Chi Energy \*

## FRIDAY

10:30-11:30am  
6:00-7:15pm

Gentle Chair Flow\*  
Slow Vinyasa Flow\*

## SATURDAY

9:30-10:15am

Workshops and Trainings

## SUNDAY

10:00-11:00am  
11:30-12:30pm  
12:45-2:00pm  
2:15-3:00pm  
6:30-7:45pm

Aerial Yoga for All Ages\*  
Kids Yoga with Silks  
Yoga Therapy for Goddesses  
Pre-Natal&Post-Natal  
Lil' Yogis (ages 3-5)  
Recovery Yoga for Trauma\*

\*BEGINNER FRIENDLY CLASSES ALL CLASSES OPEN TO TEENS

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