

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am Slow Morning Flow (Maryann) 60 min Level 1-2	9:15 am Awaken & Flow (Shannon) 60 min Level 2	9:15 am Soulful Flow & Surrender (Talei) Level 1-2 60 min	9:15 am Energy & Flow Yoga (Michelle) 60 min Level 2	9:15 am Yoga Sculpt (Talei) 60 min Level 2	9:00am Internal Fire & Flow Yoga (Rachel) 75 min (Level 2-3)
10:30 am Gentle to Restorative Yoga (Rachel) 60 min Therapeutic inspired	10:30 am	10:30 am Gentle Beginnings (Talei) 60 min Therapeutic inspired	10:30 am Simply Yin Yoga (Maryann) 60 min Therapeutic inspired	10:30am Gentle Yoga with Restorative Flair (Talei) 60 min Therapeutic Inspired	10:30 am Gentle to Restorative & Thai Stretching (Shelly) 75 min Therapeutic inspired
4:30 pm Hatha Yoga (Kate) 60 min Level 1-2	4:30pm Calmed Yoga Flow (April) 60 min Level 1-2	4:30pm Prana flow & Peace (April) 60 min Level 1-2	4:30pm Flex & Flow Yogalates (Shelly) 60 min Level 2		
6:00 pm Yin / Yang Yoga (Shelly) 75 min Level 2	6:00pm Barre Fusion (April) 60 min Level 2		6:00pm Yin to Restore Yoga (Shelly) 75 min Therapeutic Inspired	<b>WORKSHOPS</b> <b>Sunday April 25<sup>th</sup></b> <b>9am – 6pm</b> Your Karma Spring Fling / Wellness Day filled with health & fun for the whole family. Yoga classes, chair massages, educational talks, door prizes, discounted memberships and much much more!!	<b>SUNDAY</b> 7:00pm Peaceful Sunday Flow This class may include Yin and Restorative (Alternating Teacher) Level 1 60 min **This is a donation class. Pay what you can. Proceeds donated to local charities. ***

## Your Karma – Class Schedule April 2021

All Classes listed are available live-in studio and live virtually

[www.yourkarmayoga.com](http://www.yourkarmayoga.com)