

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am – 10:15am Yoga for Spinal Awakening (Maryann) 60 min Level 2	9:15 am – 10:15am Awaken & Flow (Shannon) 60 min Level 2	9:15 am – 10:15am Energy & Flow Yoga (Michelle) 60 min Level 2	9:15 am – 10:15am Yoga for Muscle Recovery (April) 60 min Level 1	9:15 am – 10:15am Prana Flow & Peace (Talei) 60 min Level 2	9:00am – 10:00am Journey into Power; Baptiste inspired yoga (Talei) 60 minutes Level 2
10:30am – 11:30am Yin Yoga for - Deep Stretching (Maryann) 60 min Therapeutic / Level 1 Mix	10:30 am – 11:30am Core & More (April) 60 min Level 1-2	10:30 am – 11:30am Gentle Yoga for Stress Relief (April) 60 minutes Therapeutic / Level 1 Mix	10:30 am - 11:30am Barre & More (April) 60 min Level 1-2	10:30am – 11:30am Deep Stretch & Restore Yoga (Shelly) 60 min Therapeutic / Level 1 Mix	10:30 am – 11:45am Yoga to Relax & Restore (Talei) 75 min Therapeutic / Level 1 Mix
	5:30pm – 6:30pm Breath & Flow 60 minutes Level 1-2 ROTATING TEACHERS FOR NOW		5:30pm – 6:30pm Flex & Flow Yogalates (Talei) 60 minutes (Level 2)		SUNDAY 10:30am – 11:30am Peaceful Sunday Yoga Level 1 60 min (Emilie & Sara)
6:30pm – 7:30pm Slow Fluid Flow (Michelle) 60 minutes (Level 2)		6:30pm – 7:30pm Hatha Inspired Yoga (Maryann) 60 minutes (Level 1-2)		WORKSHOPS April About Town – Your Karma Social Club – Join the gang as they head out for food, drinks, games and fun! Tuesday April 23 rd	
				4:30pm – 6:30pm First round of drinks are on Your Karma!	

Your Karma April 2024 Class Schedule
New Spring / Summer Schedule
Yourkarmayoga.com