

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 Gentle Yoga with Thai Stretching (April) 60 min Therapeutic / Level 1 Mix	9:15 am – 10:15am Yoga Sculpt (Rachel) 60 min Level 2	9:00am – 10:15am Internal Fire & Flow Yoga (Rachel) 75 min Level 2+
10:30am – 11:45am Yoga for Slow – Deep Stretching (Maryann) 75 min Therapeutic / Level 1 Mix	10:30 am – 11:30am Core & More (April) 60 min Level 1-2	10:30 am – 11:45am Gentle Beginnings Yoga (Shelly) 75 min Therapeutic / Level 1	10:30 am - 11:30am Core & More (April) 60 min Level 1-2	10:30am – 11:30am Yoga Basics (Danielle) 60 min Level 1	10:30 am - 12:00 pm Yoga to Relax & Restore (Shelly) 90 min Therapeutic / Level 1 Mix
4:30 pm – 5:30pm Gentle Flow & Deep Stretch (Megan) 60 min Level 1	4:30pm – 5:30pm Calmed Yoga Flow (April) 60 min Level 1		4:30pm – 5:30pm Willpower & Grace Vinyasa Flow (Ashley) 60 min Level 2		<b>Sunday</b> 10:30am – 11:30am Peaceful Sunday Morning Level 1 60 min Barb Keeler / Emilie Michael
		5:30pm - 6:45pm Yin / Yang Yoga 30 minutes of a Level 1-2 flow class then 30 minutes of a Yin or Restorative class. Ending with a 15 - minute Yoga Nidra. 75- minute class Shelly		<b>WORKSHOPS</b>	<b>****NOTE****</b>  <b>As of August 1, 2022 we are no longer zooming classes.</b>
6:30pm – 7:30pm Soulful Yoga Flow (Danielle) 60 min Level 2	6:00pm – 7:00 Barre Fusion (April) 60 min Level 1-2		6:00 pm – 7:00 pm Slow Flow & Stretch Yoga (Danielle) 60 min Level 1-2		

**Your Karma August 2022 Class Schedule**  
[www.yourkarmayoga.com](http://www.yourkarmayoga.com)