

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am – 10:15am Yoga for Spinal Awakening (Maryann) 60 min Level 2	9:15 am – 10:15am Slow Morning Flow (Shannon) 60 min Level 1-2	9:15 am – 10:15am Energy & Flow Yoga (Michelle) 60 min Level 2	9:15 am – 10:15am Peace of Mind – Gentle Yoga (Sara) 60 minutes Level 1	9:15 am – 10:15am Friday's Flow to Let Go (Dani) 60 minutes 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 Fitness Yoga (April) 60 min Level 2	10:30 am – 11:30am Restorative Yoga with Thai stretches (April) 60 minutes Therapeutic / Level 1 Mix	10:30 am - 11:30am Barre & More Fitness Yoga (April) 60 min Level 2	10:30am – 11:30am OM Sweet OM (Talei) 60 min Level 1	10:30 am – 11:45am Restorative Yoga with Yoga Nidra (Talei) 75 min Therapeutic / Level 1 Mix
					SUNDAY 10:30am – 11:30am Peaceful Sunday Yoga Level 1 60 min (Emilie & Sara)
6:00pm – 7:00pm Hatha Flow (Michelle) 60 minutes (Level 2)	6:00pm – 7:00pm Serenity Hatha Flow (Stephanie) 60 minutes (level 1-2)	6:00pm – 7:00pm Anything Goes Wednesday; Hatha / Yin Yoga (Maryann) 60 minutes (Level 1)	6:00pm – 7:00pm Dynamic Flow Fusion Fitness Yoga (Talei) 60 minutes (Level 2)	WORKSHOPS	WORKSHOPS Friday February 21, 2025 6pm – 8pm Finding Flight arm balancing workshop with Talei
					Cost: \$25 for YK members and yoga teachers, \$30 or \$35 at the door.

Your Karma February 2025 Class Schedule

Yourkarmayoga.com