

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 Stretches (April) 60 min Therapeutic / Level 1 Mix	9:15 am – 10:15am Calm Fluid Flow (Maryann) 60 min Level 2	9:00am – 10:15am Saturday Morning Power Flow (Rachel) 75 min Level 2
10:30am – 11:45am Yin Yoga for - Deep Stretching (Maryann) 75 min Level 1	10:30 am – 11:30am Core & More (April) 60 min Level 1-2	10:30 am – 11:45am Gentle Yoga for Stress Relief (April) 60 minutes Level 1	10:30 am - 11:30am Barre & More (April) 60 min Level 1-2	10:30am – 11:30am Calm Mindful Yoga (Lisa) 60 min Level 1	10:30 am - 12:00 pm Yoga to Relax & Restore (Shelly) 90 min Therapeutic / Level 1 Mix
	4:00pm – 5:00pm Tween Yoga Class Ages: 11 – 14 years (4 week prepaid series) (Lisa) 60 min All Levels Class		1:00pm – 2:00pm Chair Yoga & Exercise (TinaMarie) Level 1 60 minutes	4:00 – 4:40pm Kids ~ Home School PE or After school (4 week prepaid series) (Danielle & Tiffany) Ages 5 -10 years old (Starting in February)	
				WORKSHOPS	Sunday 10:30am – 11:30am Peaceful Sunday Yoga Level 1 60 min Tracey Rogers / Emilie Michael
5:30pm – 6:45pm Gentle Flow & Deep Stretch Yoga (Megan) 75 min Level 1-2	5:30pm – 6:45pm Chakra Balancing Power Flow (Lisa) 75 min Level 2	5:30pm - 6:45pm Yin / Yang Yoga with Yoga Nidra 40 min Level 1-2 class 20 min Restorative poses, 15 min Yoga Nidra or Guided Meditation (Shelly) 75 minutes	5:30pm – 6:45pm Yoga Flow to Let Go (Danielle) Level 2 75 minutes		
		CLASS AND TEACHER SUBJECT TO CHANGE			

Your Karma January 2023 Class Schedule
Yourkarmayoga.com