




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	9:15 am – 10:15am Slow Fluid Flow (Maryann) 60 min Level 2	9:00am – 10:15am Soul Vibe – Yoga Flow (Talei) 60 minutes Level 2
10:30am – 11:30am Yin Yoga for - Deep Stretching (Maryann) 75 min Therapeutic / Level 1	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	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
			1:00pm – 2:00pm Chair Yoga & Exercise (TinaMarie) 60 min Therapeutic / Level 1		
			4:30pm – 5:30pm Free Spirit Flow (Lisa) 60 min Level 2 <b>New Class / New time</b>	<b>WORKSHOPS</b> Friday Unwined: Yoga Beyond the Basics Friday March 10 <sup>th</sup> 7pm – 9pm Cost: \$15.00 covers class and a glass!	<b>SUNDAY</b> 10:30am – 11:30am Peaceful Sunday Yoga Level 1 60 min Tracey Rogers / Emilie Michael
5:30pm – 6:45pm Gentle Flow & Deep Stretch (Em) 75 min ( Level 1) <b>New Class/ Teacher</b>	5:30pm – 6:45pm Vibe & Flow (Lisa) 75 min ( Level 2)	5:30pm - 6:45pm Yin / Yang Hatha Yoga 50 min Level 1-2 class 20 min Yin Yoga class (Maryann) 75 minutes	5:45pm – 7:00pm Slow Flow & Rest Yoga (Danielle H.) 75 min (Level 1) <b>New Time Same class</b>	This class is open to yoga teachers and trainees, as well as the advanced student wanting to learn some of the more difficult postures.	<b>SUNDAY</b> 6:30pm – 7:45pm Restorative Yoga w/ Yoga Nidra (Rotating Instructors) 75 minutes Therapeutic Inspired
				YK 10 <sup>th</sup> Anniversary – details to follow!!	

**Your Karma March 2023 Class Schedule - \*\*REVISED 2/22\*\***  
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