

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am Morning Yoga to Awaken your Spine (Maryann) 60 min Level 2	9:15 am Awaken & Flow (Shannon) 60 min Level 2	9:15 am Soulful Flow to Surrender (Talei) 60 min Level 2	9:15 am Energy & Flow Yoga (Michelle) 60 min Level 2	9:15 am Barre Fusion (Susan) Level 2 60 min	9:00am Internal Fire & Flow Yoga (Rachel) 75 min (Level 2-3)
10:30 am Restore & Renew (Rachel) 60 min Therapeutic inspired	10:30 am Gentle Yoga (Shelly) 75 min Level 1	10:30 am Gentle Beginnings (Talei) 60 min Therapeutic Inspired	10:30 am Simply Yin Yoga (Maryann) 75 min Level 1	10:30am Relax & Restore (Susan) 60 min Therapeutic Inspired	10:30 am Restorative Yoga & Thai Stretching (Shelly) 90 min Therapeutic inspired
4:30 pm Hatha Yoga (Kate) 60 min Level 1-2	4:30pm Calmed Yoga Flow (April) 60 min Level 1	4:30pm Prana flow & Peace (April) 60 min Level 1-2	4:30pm Flex & Flow Yogalates (Shelly) 60 min Level 2		
6:00pm	6:00pm Barre Fusion (April) 60 min Level 2	6:00pm	6:00pm Yin to Restore Yoga (Shelly) 75 min Therapeutic Inspired	<b>WORKSHOPS</b>  Sunday May 16 <sup>th</sup> 4:00-5:15pm Blissful Sound Healing with Susan Gwaltney Cost: \$25.00	<b>SUNDAY</b> 7:00pm Peaceful Sunday Yoga This class may include Yin and Restorative (Alternating Teacher) Level 1 60 min **This is a donation class. Pay what you can. Proceeds donated to local charities. ***

## Your Karma – Class Schedule May 2021

All Classes listed are available live-in studio and live virtually

[www.yourkarmayoga.com](http://www.yourkarmayoga.com)