

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 Yoga for Muscle Recovery (April) 60 min Therapeutic / Level 1	9:15 am – 10:15am Prana Flow & Peace (Talei) 60 min 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 (April) 60 min Level 1-2	10:30 am – 11:30am 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 Gentle Beginnings Yoga (Shelly) 60 min Level 1	10:30 am – 11:45am Restorative Yoga with Yoga Nidra (Talei) 75 min Therapeutic / Level 1 Mix
4:45pm – 5:45pm Gentle Yoga with movement & sound (Shelly) 60 minutes (Level 1)					<b>SUNDAY</b> 10:30am – 11:30am Peaceful Sunday Yoga Level 1 60 min (Emilie & Sara)
6:00pm – 7:00pm Fluid Flow (Michelle) 60 minutes (Level 2)	6:00pm – 7:00pm Breath & Flow (Talei) 60 minutes (Level 1-2)	6:00pm – 7:00pm Anything Goes Wednesday; Hatha / Yin Yoga (Maryann) 60 minutes (Level 1)	6:00pm – 7:00pm Flex & Flow Yogalates (Talei) 60 minutes (Level 2)	<b>WORKSHOPS</b> Ayurveda & Autumn Friday November 15 <sup>th</sup> 6pm – 7:30pm Deep Stretch class, Fall cleanse practices with Autumn Soup with recipe. \$20.00	
				Talei will be leading this workshop. We are so happy that this class is almost filled. Thank you for your love of yoga and your compassion to help.	

## Your Karma November 2024 Class Schedule

[Yourkarmayoga.com](http://Yourkarmayoga.com)