

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)					SUNDAY 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)	WORKSHOPS Restorative Sound Healing October 19, 2024 6pm – 8pm Cost: \$40 \$30 for YK yoga members	

Your Karma October 2024 Class Schedule

Yourkarmayoga.com