

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Slow Flow for Chakra Balancing (Rachel) 60 min Level 1-2	9:00 am Awaken & Flow (Shannon) 60 min Level 2	9:00 am Soulful Flow & Surrender (Talei) Level 1-2 60 min	9:00 am Energy & Flow Yoga (Michelle) 60 min Level 2	9:00 am Yoga Sculpt (Talei) 60 min Level 2	9:00 am Internal Fire & Flow Yoga (Rachel) 75 min (Level 2-3)
10:30 am Relax & Restore Yoga (Rachel) 75 min Therapeutic inspired	10:30 am Thai Chi / Qi Gong Fusion (Thom) 75 min Level 1	10:30 am Gentle Beginnings Yoga (Talei) 60 min Therapeutic inspired	10:30 am Simply Yin (Maryann) 75 min Level 1	10:30 am Gentle Yoga with Restorative Flair (Talei) 60 min Therapeutic inspired	10:30 am Gentle Yoga & Thai Stretching (Shelly) 75 min Therapeutic inspired
4:30 pm New Class New Teacher to be announced!!	4:30 pm Calmed Yoga Flow (April) Level 1-2 60 min	4:30pm Pilates (Heather) Level 2 60 min	4:30pm Flex & Flow Yogalates (Shelly) 60 min Level 2		WORKSHOPS
6:00 pm Viniyoga Inspired yoga (Luda) 60 min Level 1-2	6:00 pm Barre Fusion (April) 60 min Level 2	6:00pm Prana, Flow & Peace (April) 60 min Level 1-2	Gentle Yoga ~ Stretching to Stillness (Shelly) 75 min Therapeutic Inspired		

Your Karma – Class Schedule & Pricing October 2020

All Classes listed are available live in studio and virtually

www.yourkarmayoga.com