

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am Yoga to Awaken Your Spine (Maryann) 60 min Level 2	9:15 am Awaken & Flow (Shannon) 60 min Level 2	9:15 am Energy & Flow Yoga (Michelle) 60 min Level 2	9:15 am Gentle Yoga with Thai Stretching (April) 60 min Level 1 <b>No virtual option</b>	9:15 am Barre Fusion (Susan) 60 min Level 2+	9:00am Internal Fire & Flow Yoga (Rachel) 75 min Level 2+
10:30am Deep Stretch Yoga (Maryann) 75 min Therapeutic Inspired	10:30 am Core & More (April) 60 min Level 1-2	10:30 am Gentle Yoga (Shelly) 75 min Level 1	10:30 am Core & More (April) 60 min Level 1-2	10:30am Relax & Restore (Susan) 60 min Therapeutic Inspired	10:30 am Restore & Thai Stretching (Shelly) 90 min Therapeutic inspired <b>No virtual option</b>
4:30pm Gentle Yoga for Stretching & Grace (Shelly) 60 min Therapeutic Inspired	4:30pm Calmed Yoga Flow (April) 60 min Level 1-2	4:30pm Yoga Sculpt & Flow (Sonya) 60 min Level 2	4:30pm Gentle Flow & Stretch (Mallory) 60 min Level 1-2		
6:00 pm Slow Evening Yoga (Kate) 60 min Level 1-2	6:00pm Barre Fusion (April) 60 min Level 2	6:00pm Deep Stretch & Restore (Shelly) 75 min Therapeutic Inspired		<b>WORKSHOPS</b> Friday September 17 <sup>th</sup> – Friday's Unwined Gentle Yoga 6pm-8pm (Wine & Finger foods included) Cost: \$20.00	

**Your Karma September 2021 Class Schedule**  
[www.yourkarmayoga.com](http://www.yourkarmayoga.com)