

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 Gentle Yoga with Thai Stretches (April) 60 min Therapeutic / Level 1 Mix	9:15 am – 10:15am Slow Fluid Flow (Maryann) 60 min Level 2	9:00am – 10:15am Soul Vibe – Yoga Flow (Talei) 75 minutes Level 2
10:30am – 11:30am Yin Yoga for - Deep Stretching (Maryann) 60 min Level 1	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 Calm Mindful Yoga (Lisa) 60 min Level 1	10:30 am - 12:00 pm Yoga to Relax & Restore (Shelly) 90 min Therapeutic / Level 1 Mix
			1:00pm – 2:00pm Chair Yoga & Exercise (TinaMarie) All Levels 60 minutes	4:00 – 4:40pm Kids ~ Home School PE or After school (4 week prepaid series) (Danielle & Tiffany) Ages 5 -10 years old	
	4:00pm – 5:00pm Girl's Teen Yoga All Levels Lisa 60 minutes			WORKSHOPS	Sunday 10:30am – 11:30am Peaceful Sunday Yoga Level 1 60 min Tracey Rogers / Emilie Michael
5:30pm – 6:45pm Gentle Flow & Deep Stretch Yoga (Megan) 75 min Level 1	5:30pm – 6:45pm Chakra Balancing Power Flow (Lisa) 75 min Level 2	5:30pm - 6:45pm Yin / Yang Hatha Yoga 50 min Level 1-2 class 20 min Yin Yoga class (Maryann) 75 minutes	5:30pm – 6:45pm Slow Flow & Rest Yoga (Danielle) 75 min (Level 1)		

Your Karma February 2023 Class

www.yourkarmayoga.com