

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 am Monday Morning Slow Flow 60 min Level 1-2 (Shelly)	9:15 am Awaken & Flow (Shannon) 60 min Level 2	9:15 am Soulful Flow & Surrender (Talei) Level 1-2 60 min	9:15 am Energy & Flow Yoga (Michelle) 60 min Level 2	9:15 am Yoga Sculpt (Talei) 60 min Level 2	9:00am Internal Fire & Flow Yoga (Rachel) 75 min (Level 2-3)
10:30 am Gentle Yoga for Inner Peace (Rachel) 60 min Therapeutic inspired	10:30 am Gentle Yoga for Stretching & Grace (Sonya) 60 min Therapeutic inspired	10:30 am Gentle Beginnings (Talei) 60 min Therapeutic inspired	10:30 am Simply Yin Yoga (Maryann) 60 min Therapeutic Inspired	10:30am 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 Hatha Yoga (Kate) 60 min Level 1	4:30pm Calmed Yoga Flow (April) 60 min Level 1-2	4:30pm Prana flow & Peace (April) 60 min Level 1	4:30pm Flex & Flow Yogalates (Shelly) 60 min Level 1-2		
6:00 pm Slow Meditative Flow (Shelly) 75 min Level 2	6:00pm Barre Fusion (April) 60 min Level 2	6:00pm	6:00pm Yin to Restore Yoga (Shelly) 75 min Therapeutic Inspired	<b>Workshops</b> Inner Workings of Asana with Talei January 17 <sup>th</sup> 9:30am till 12:30pm	<b>Sunday</b> 7:00pm Peaceful Sunday Flow (Alternating Teacher) Level 1 60 min
				Yoga Nidras workshop with Talei January 31 <sup>st</sup> 9:30am till 12:30pm	

## Your Karma – Class Schedule January 2021

All Classes listed are available live in studio and live virtually

[www.yourkarmayoga.com](http://www.yourkarmayoga.com)