

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am Monday Morning slow flow (Shelly) 60 min Level 1-2	9:00 am Awaken & Flow (Shannon) 60 min Level 2	9:00 am Soulful Flow & Surrender (Talei) 60 min Level 1-2	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 Gentle Yoga for Inner Peace (Rachel) 60 min Therapeutic inspired	10:30 am	10:30 am Gentle Beginnings (Talei) 60 min Therapeutic inspired	10:30 am	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 1-2	4:30 pm Calmed Yoga Flow (April) 60 min Level 1-2	4:30 pm Prana, Flow & Peace (April) 60 min Level 1-2	4:30 pm Flex & Flow Yogalates (Shelly) 60 min Level 2	WORKSHOPS	Sunday
6:00 pm	6:00 pm Barre Fusion (April) 60 min Level 2	6:00 pm	6:00 pm Gentle Yoga for Stress Relief (Shelly) 60 min Therapeutic inspired		

Your Karma – Class Schedule Nov / Dec 2020

All Classes listed are available live in studio and live virtually

www.yourkarmayoga.com