

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   |
|---|--|--|---|--|--|
| 9:00 am<br>Slow Flow for<br>Chakra Balancing<br>(Rachel/ Shelly)<br>60 min<br>Level 1-2 | 9:00 am<br>Awaken & Flow<br>(Shannon)<br>60 min<br>Level 2 | 9:00 am<br>Soulful Flow &<br>Surrender<br>(Talei)<br>Level 1-2<br>60 min   | 9:00 am<br>Energy & Flow<br>Yoga<br>(Michelle)<br>60 min<br>Level 2                       | 9:00 am<br>Yoga Sculpt<br>(Talei)<br>60 min<br>Level 2                   | 9:00 am<br>Internal Fire & Flow<br>Yoga<br>(Rachel)<br>75 min<br>(Level 2-3)               |
| 10:30 am<br>Gentle Yoga<br>(Rachel / Shelly)<br>60 min<br>Therapeutic inspired          |  | 10:30 am<br>Gentle Beginnings<br>(Talei)<br>60 min<br>Therapeutic inspired | 10:30 am<br>Simply Yin Yoga<br>(Maryann)<br>60 min<br>Therapeutic Inspired                | 10:30am<br>Gentle Yoga to<br>Restorative<br>(Talei)<br>60 min<br>Level 1 | 10:30 am<br>Gentle Yoga &<br>Thai Stretching<br>(Shelly)<br>75 min<br>Therapeutic inspired |
|   |  |  |   |  |  |
| 4:30 pm<br>Hatha Yoga<br>(Kate)<br>60 min<br>Level 1-2<br><b>Starts 10-19-20</b>        | 4:30 pm<br>Calmed Yoga Flow<br>(April)<br>75 min           |  | 4:30pm<br>Flex & Flow Yogalates<br>(Shelly)<br>60 min<br>Level 2                          |  | <b>WORKSHOPS</b>   |
| 6:00 pm<br>Viniyoga inspired<br>(Luda)<br>60 min<br>Level 1                             | 6:00 pm<br>Barre Fusion<br>(April)<br>60 min<br>Level 2    | 6:00pm<br>Prana, Flow & Peace<br>(April)<br>60 min<br>Level 1-2            | 6:00 pm<br>Gentle Yoga for Stress<br>Relief<br>(Shelly)<br>60 min<br>Therapeutic inspired |  |  |

**Your Karma – Class Schedule – Starting October 12<sup>th</sup> – October 31<sup>st</sup>, 2020**

**All Classes listed are available live in studio and virtually**

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