

YOGA



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 11:30 am -12:45 pm ALIGN Flow 4 pm – 5 pm Core Grind
2 1 pm – 2:30 pm Meditation	3 12 pm – 1 pm Ground & Nourish	4 10 am – 11 am Donation Based! 5:30 pm – 6:30 pm Reflect & Restore	5 9 am – 10:15 am ALIGN Flow 3 pm – 4 pm Reflect & Restore	6 10 am – 11 am Donation Based! 5:30 pm – 6:30 pm Reflect & Restore	7 9 am – 10:15 am ALIGN Flow 2 pm – 3 pm Reflect & Restore	8 11:30 am -12:45 pm ALIGN Flow 4 pm – 5 pm Core Grind
9 1 pm – 2:30 pm Donation based Meditation	10 12 pm – 1 pm Ground & Nourish	11 10 am – 11 am Donation Based! 5:30 pm – 6:30 pm Reflect & Restore	12 9 am – 10:15 am ALIGN Flow 3 pm – 4 pm Reflect & Restore	13 10 am – 11 am Donation Based! 5:30 pm – 6:30 pm Reflect & Restore	14 9 am – 10:15 am ALIGN Flow 2 pm – 3 pm Reflect & Restore	15 11:30 am -12:45 pm ALIGN Flow 4 pm – 5 pm Core Grind
16 1 pm – 2:30 pm Donation based Meditation	17 12 pm – 1 pm Ground & Nourish	18 10 am – 11 am Donation Based! 5:30 pm – 6:30 pm Reflect & Restore	19 9 am – 10:15 am ALIGN Flow 3 pm – 4 pm Reflect & Restore	20 10 am – 11 am Donation Based! 5:30 pm – 6:30 pm Reflect & Restore	21 9 am – 10:15 am ALIGN Flow 2 pm – 3 pm Reflect & Restore	22 11:30 am -12:45 pm ALIGN Flow 4 pm – 5 pm Core Grind
23 1 pm – 2:30 pm Donation based Meditation	24 12 pm – 1 pm Ground & Nourish	25 10 am – 11 am Donation Based! 5:30 pm – 6:30 pm Reflect & Restore	26 9 am – 10:15 am ALIGN Flow 3 pm – 4 pm Reflect & Restore	27 10 am – 11 am Donation Based! 5:30 pm – 6:30 pm Reflect & Restore	28 9 am – 10:15 am ALIGN Flow 2 pm – 3 pm Reflect & Restore	29 11:30 am -12:45 pm ALIGN Flow 4 pm – 5 pm Core Grind
30 1 pm – 2:30 pm Donation based Meditation	31 12 pm – 1 pm Ground & Nourish					

Class Descriptions:

ALIGN Flow – This hour and fifteen minute class blends meditation and restorative poses with a heat building vinyasa flow. ALIGN stands for Affirmative, Liberating, Intuitive, Grounding, and Nourishing. **\$15**

Core Grind – This flow focuses on strengthening your core while improving our attentiveness to posture. **\$10**

Donation Based – Yogi’s choice! Class style is always suitable for beginners and sequencing is decided based on requests from practitioners. Suggested donation: **\$5 - \$15**

Ground & Nourish – A gentle yoga flow designed to increase flexibility while calming and centering the mind. **\$10**

Meditation – This hour and a half meditation setting serves as both a meditation class and healing circle to empower the practitioner to uncover their authenticity and connection to others. Suggested donation **\$5 - \$15**

Reflect & Restore – Highly meditative practice combining gentle movement with positive affirmations. **\$10**