

RIVER & STONE YOGA

WINTER SCHEDULE

monday

6a | flow 🔥🔥

9 30a | slow flow 🔥

5 30p | slow flow 🚫🔥

7p | mini-workshop 🚫🔥

tuesday

9 30a | flow 🔥

4 30p | strong flow 🔥🔥

7p | flow 🔥🔥

wednesday

6a | flow 🔥🔥

5 30p | flow 🔥

7p | yin 🚫🔥

thursday

4 30p | strong flow 🔥🔥

5 45p | fundamentals 🚫🔥

our heat

🚫🔥 no heat: ~70°

🔥 mild heat: ~80°

🔥🔥 hot heat: ~90°+ humidity

friday

6a | flow 🔥🔥

9 30a | slow flow 🔥

4:30p | flow 🔥🔥

saturday

8a | flow 🔥🔥

9 30a | slow flow 🔥

sunday

8a | flow 🔥🔥

9 30a | slow flow 🔥

6p | restorative 🚫🔥