



MESQUITE MEADOWS

WEEKLY SPIRIT IN NATURE SCHEDULE

PLEASE BOOK AHEAD AT WWW.MESQUITEMEADOWS.COM

SUNDAY

HATHA YOGA
7 AM - 8:30 AM

MONDAY

APPOINTMENT ONLY
PRIVATE YOGA - POSTURE CLINIC - MENTORSHIP
TEACHER TRAINING

TUESDAY

HATHA YOGA
9 AM - 10:30 AM

KIDS YOGA
3:30 PM - 4:30 PM

WEDNESDAY

KIDS YOGA
3:30 PM - 4:30 PM

HATHA YOGA
6 PM - 7:30 PM

THURSDAY

KIDS YOGA
3:30 PM - 4:30 PM

RESTORATIVE YIN YOGA
6 PM - 7 PM

FRIDAY

SPECIAL EVENTS 6 PM - 7 PM

WEEK 1 - YOGA NIDRA
WEEK 2 - BELLY DANCING

WEEK 3 - SOUND BATH
WEEK 4 - GUIDED MEDITATION

SATURDAY

GENTLE HATHA
9 AM - 10 AM

CONNECT YOUR SPIRIT WITH NATURE

TO JOIN THE SPIRIT IN NATURE CLUB VISIT WWW.MESQUITEMEADOWS.COM