



SUNDAY OFFERINGS

SUNDAY, March 9 at Balanced Movement Yoga

(located at 1535 8th Ave., Downtown Greeley).

*Please arrive early before class begins to support the class dynamics

RIGHT-SIDE ROOM #1		LEFT-SIDE ROOM #2	
8:00 - 8:45	BOOTCAMP Kim McMurren	8:00 - 9:00	HerStory BARRE Alicia Vieczas
9:00 - 10:00	MORNING YOGA Kara Schoenleber	9:00 - 10:30	HOT 26 & 2 Inez Hayden

All Day & Night **COLLAGE & MIXED MEDIA ART MAKING IN THE LOBBY FOR FREE!**

11:00 - 12:00	HEALING WITH REIKI Cristy Gomez	11:00 - 12:00	SOUND BATH Charlie Murphy
12:00 - 1:00	BELLY DANCE Sandy Shakti Meyers	12:00 - 1:00	VOCAL ACTIVATION Tosha Carter
1:00 - 2:00	INTRO TO POLE DANCING Timarie Bashor	1:00 - 2:00	FUNDAMENTALS SALSA MOVEMENT Iraylis Suarez
2:00 - 3:00	1920'S CHARLESTON Felicia Gonzalez-Soto	2:00 - 2:45	INDIAN DANCE Dhrishika Rai
3:00 - 3:50	MULTI- MODALITY SOMATIC DANCE Crystal Scolaro	3:00 - 4:00	KPOP DANCE DQ
4:00 - 5:00	YIN YOGA Davonna Maelstrom	4:00 - 5:00	KINDNESS REIMAGINED Lorée Beamer
5:00 - 6:00	NORTH NODE ASTRO YOGA Sarah Grace Murray	5:00 - 6:00	REIKI & CHAKRA BALANCING Kendra Devlin
6:00 - 7:00	MY LIFE IN A MANDALA Felisha Bustos	6:30 - 8:00	COUNTRY LINE DANCING Country Kick-Up Non-Profit



**\$10 Drop-In/Class or
\$30/4 Classes Special Offer**
Register at balancedmovementyoga.com