

# One Yoga Vernon

## 2909 30th Avenue Vernon, BC

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
	🧘 All abilities and novices		🧘🧘 Some yoga experience required	🧘🧘🧘 Intermediate to advanced practice	🧘 Class is available on Zoom		
6:00 AM	Rise and Shine with Janine 🧘 60	Rise and Shine with Janine 🧘 60	Rise and Shine with Janine 🧘 60	Rise and Shine with Janine 🧘 60	Rise and Shine with Janine 🧘 60	Akasha Flow with Kessa 🧘🧘🧘 60	<b>*Once a Month 5am</b> Aquarian Sadhana with Tessa 🧘
7:30 AM							Life Force Fitness with Tessa 🧘 60
9:00 AM	Heart of Hatha with Shawn 🧘 75	Heart of Hatha with Shawn 🧘 75	Heart of Hatha with Shawn 🧘 75	Heart of Hatha with Shawn 🧘 75	Heart of Hatha with Shawn 🧘 75	Heart of Hatha with Shawn 🧘 75	Vinyasa Flow 🧘 75
Noon	Energy Boost with Shawn 🧘 50 <b>*1205pm Start</b>	Energy Boost with Shawn 🧘 50 <b>*1205pm Start</b>	Energy Boost with Shawn 🧘 50 <b>*1205pm Start</b>	Energy Boost with Shawn 🧘 50 <b>*1205pm Start</b>	Energy Boost with Shawn 🧘 50 <b>*1205pm Start</b>	Power Vinyasa Flow with Tara 🧘🧘🧘 60	Yin Yoga 🧘 75
4:00 PM	No Down Dog Hatha with Kessa 🧘 60 <b>*Begins Nov. 2*</b>	Yin Yang with Khris 🧘 60	Akasha Flow with Kessa 🧘🧘🧘 60		Vinyasa with Ryan Leier on Zoom 🧘🧘 65		
5:30 PM	Flow Alive with Victoria 🧘🧘 60	Warrior Flow with Janine 🧘 60	Power Vinyasa Flow with Tara 🧘🧘🧘 60	Warrior Flow with Janine 🧘 60			
7:00 PM	Sweet Drop Ritual with Victoria 🧘 60	Kundalini with Tessa 🧘 75	Yin with Khris 🧘 75	Yin with Janine 🧘 75	Reset, Refine, Refuel with Deanna 🧘 75 <b>*615pm Start</b>		Cultivating a Brave Space Within with Meadow 🧘 75
	<b>Soothing Fusion</b>	<b>Restorative</b>	<b>Yin</b>	<b>Prana</b>	<b>Alignment</b>	<b>Awakening</b>	<b>Invigorating</b>

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