

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	*Once a Month 5am 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	Honey Flow with Dolly 🧘🧘 75
10:30 AM							Honey Flow with Dolly 🧘🧘 60 *ZOOM ONLY*
Noon	Energy Boost with Shawn 🧘 50 *1205pm Start	Energy Boost with Shawn 🧘 50 *1205pm Start	Energy Boost with Shawn 🧘 50 *1205pm Start	Energy Boost with Shawn 🧘 50 *1205pm Start	Energy Boost with Shawn 🧘 50 *1205pm Start	Power Vinyasa Flow with Tara 🧘🧘🧘 60	Yin Vibes with Dolly 🧘 75
4:00 PM	Akasha Flow with Kessa 🧘🧘🧘 60 *Begins Nov. 2*	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 *615pm Start		Cultivating a Brave Space Within with Meadow 🧘 75
	Soothing Fusion	Restorative	Yin	Prana	Alignment	Awakening	Invigorating

Web oneyogavernon.com

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