

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						
9:00 AM	Heart of Hatha with Shawn 🧘 75	Heart of Hatha with Shawn 🧘 75	Sunday Vinyasa with Tara 🧘 75				
11:00 AM						Hatha with Alina 🧘 60	Yin with Mandy 🧘 75
Noon	Energy Boost with Shawn 🧘 50 *1205pm Start	Levity Flow with Nicole 🧘 50 *1205pm Start					
4:00 PM					Vinyasa with Ryan Leier on Zoom 🧘🧘 65		Just Dance with Tessa *Postponed due to PHO Restrictions
5:30 PM	Hatha Fusion with Deanna 🧘 60	Warrior Flow with Janine 🧘 60	Energy Flow with Khris 🧘 60	Warrior Flow with Janine 🧘 60			
7:00 PM	Yin with Khris 🧘 75	Movement and Meditation with Tessa 🧘 75	Yin with Khris 🧘 75	Yin with Janine 🧘 75			
	Soothing Fusion	Restorative	Yin	Prana	Alignment	Awakening	Invigorating

Web oneyogavernon.com

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