

# 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		
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	
11:00 AM							Yin with Mandy 🧘 75
Noon	Energy Boost with Shawn 🧘 50 *1205pm Start		Energy Boost with Shawn 🧘 50 *1205pm Start		Levity Flow with Nicole 🧘 50 *1205pm Start		
4:00 PM							
5:30 PM		Warrior Flow with Janine 🧘 60	Energy Flow with Khris 🧘 60	Warrior Flow with Janine 🧘 60			
7:00 PM			Yin with Khris 🧘 75	Yin with Janine 🧘 75			
	Soothing Fusion	Restorative	Yin	Prana	Alignment	Awakening	Invigorating

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