

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 Tara 🧘 60	Levity Flow with Nicole 🧘 60	Levity Flow with Nicole 🧘 60	Levity Flow with Nicole 🧘 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							
Noon	Balance and Flow with Tara 🧘 50 *1205pm Start		Balance and Flow with Tara 🧘 50 *1205pm Start		Energy Boost with Shawn 🧘 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

Web oneyogavernon.com

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