

Class Time Schedule

Please honor your practice and attend classes that most serve you.

➤ **All Levels:**

Everyone welcome

➤ **Level 2:**

Students with yoga experience

➤ **Gentle / Level 1:**

New to yoga, or some yoga experience

➤ **Vinyasa / Advanced:**

Students must have a steady practice

Sunday

08:30 - 09:00 am	➤ MEDITATION	Connect with your spiritual self, relax the body & mind . (FREE)	ॐ
09:00 - 10:30 am	➤ All levels	Warm Vinyasa	Sandy

Monday

10.00 - 11:15 am	➤ Gentle / Level 1	Focus on Breath / Stretch	Sandy
06.00 - 07:15 pm	➤ Gentle / Level 1	New to yoga or some yoga experience	Sandy

Tuesday

09:30 - 10:45 am	➤ Level 1	Stretch class	Sandy
06:30 - 08.00 pm	➤ Level 2	Vinyasa flow	Sandy

Wednesday

06.00 - 07:30 pm	➤ All levels	Flowing Asana	Shelly
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Thursday

09.00 - 10:30 am	➤ Gentle Yoga	Meditation in motion	Kathy
04:15 - 05:45 pm	➤ All levels	Warm Vinyasa	Sandra

Friday

10:30 - 11:45 am	➤ Level 2	Flowing Asana	Sandy
06.00 - 07:15 pm	➤ Gentle / Level 1	Self-awareness, mindfulness, breath	Sari

Saturday

08:30 - 09:45 am	➤ Gentle / Level 1	Self-awareness, mindfulness, breath	Sandy
10.00 - 11:30 am	➤ All levels	Vinyasa flow with some advanced poses	Ron