

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Easy Beginners //Kate 9-10	Power Yoga Basics //Joe 10-11	Easy Beginners //Joe 9-10		Easy Beginners //Joe 9-10		Easy Beginners w/Yoga Nidra //Joe 9-10
	Power Yoga //Kate 10:30-11:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Kate 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Restorative Flow //Joe 10:30-11:30
NOON						Power Flow 45 //Joe 3:00-3:45	
	Restorative Flow //Nic 4-5	Power Yoga //Joe 4-5	Power Yoga Basics //Joe 4-5	Restorative Flow //Kate 4-5	Easy Beginners //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
AFTERNOON		Restorative Flow //Joe 5:30-6:30	Easy Beginners //Joe 5:30-6:30	Easy Beginners //Kate 5:30-6:30	Power Yoga //Kate 6-7		
		Easy Beginners //Joe 7-8	Power Yoga //Crystal 7-8	Power Yoga //April 7:30-8:30	Restorative Flow //Kate 7:30-8:30		
EVENING							

Class Descriptions

Yoga Nidra
30 minutes of guided meditation done laying down on the floor, leaving your mind and body feeling completely relaxed.
Room Temp (20°)

Easy Beginners
For brand new beginners or anybody looking for a slow-paced & gentle yoga class. Not hard and not hot!
Room Temp (20°)

Power Yoga Basics
A slower version of Power Yoga, introducing the basics of power yoga.
Warm Room (24°)

Restorative Flow
Starts as vinyasa flow and finishes with longer holds in hip openers and other restorative postures. Not your typical Restorative practice.
Mild Heat (up to 27°)

Power Yoga
Our most challenging class, this Baptiste-style power yoga class links breath and movement to increase flexibility and strength.
Full Heat (up to 30°)

Power Flow 45
Power Yoga in 45 minutes.
Full Heat (up to 30°)

Workshops & Events

40 Days to Personal Revolution: Kickoff meeting Monday, February 8th at 7pm Online. Make your own personal revolution happen in 2021! This practical program is designed to create big shifts in your life through meditation, asana, journaling, and dietary awareness. You will access mental clarity, lightness of body, and illumination of spirit that come with whole-life health. Sign up on our website. Registration fee: \$40