

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	<b>Easy Beginners</b> //Kate 9-10 <i>with Lavender Towels</i>	<b>Restorative Flow</b> //Joe 10-11	<b>Easy Beginners</b> //Joe 9-10	<b>Restorative Flow</b> //Joe 10-11	<b>Easy Beginners</b> //Kate 9-10	<b>Restorative Flow</b> //Joe 10-11	<b>Easy Beginners</b> //Joe 9-10
	<b>Power to Stretch</b> //Kate 10:30-11:45 <i>with Lavender Towels</i>	<b>Power Flow 45</b> //Joe 12-12:45	<b>Power Flow 45</b> //Joe 12-12:45	<b>Power Flow 45</b> //Joe 12-12:45	<b>Power Flow 45</b> //Kate 12-12:45	<b>Power Flow 45</b> //Joe 12-12:45	<b>Restorative Flow</b> //Joe 10:30-11:30
AFTERNOON		<b>Power Yoga</b> //Joe 4:30-5:30	<b>Power Yoga Basics</b> //Joe 4:30-5:30	<b>Restorative Flow</b> //Joe 4:30-5:30	<b>Easy Beginners</b> //Kate 4:30-5:30	<b>Easy Beginners</b> //Joe 4:30-5:30	
		<b>Restorative Flow</b> //Joe 5:45-6:45	<b>Easy Beginners</b> //Joe 5:45-6:45	<b>Easy Beginners</b> //Joe 5:45-6:45	<b>Power to Stretch</b> //Kate 5:45-7		
		<b>Easy Beginners</b> //Joe 7-8	<b>Restorative Flow</b> //Crystal 7:15-8:15 <i>with music and Lavender Towels</i>		<b>Restorative Flow</b> //Kate 7:15-8:15		
EVENING							

**Class Descriptions**

**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 (23°)**

**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 25°)**

**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 28°)**

**Power to Stretch**  
 45-minute Power flow with 30 minutes of deep stretching and rest afterwards.  
**Full Heat (up to 28°)**

**Power Flow 45**  
 Power Yoga in 45 minutes.  
**Full Heat (up to 28°)**

*Events*

**30 Day Yoga Challenge**  
 Begins Monday, March 20th

This challenge holds space for you to get on your mat as often as possible and see how a regular yoga practice can be a life-changer! You "earn" a sticker for each class you take. At the end of the challenge we give away three prizes. Each sticker enters you into the raffle.

**Body, Soul & Sound**

Sunday, March 19th at 2pm • Donations at Door

Join Karla Delaney and friends for a yogic experience using sound, instruments and voices! Learn the freeing power of sounding, chanting, mantras and music to move you into and through a meditative practice. You will be guided through breathing and technique exercises that will turn transform soulful sounds and rhythms. All ages are welcome!