

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Easy Beginners //Kate 9-10 <i>with Lavender Towels</i>	Restorative Flow //Joe 9-10	Easy Beginners //Joe 9-10	PowerYoga Basics //Joe 9-10	Easy Beginners //Kate 9-10	Restorative Flow //Joe 9-10	Easy Beginners //Joe 9-10
NOON	Power to Stretch //Kate 10:30-11:45 <i>with Lavender Towels</i>	Power Flow 45 //Joe 12-12:45	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	Restorative Flow //Joe 10:30-11:30
AFTERNOON		All Levels Flow //Joe 4:30-5:30	Power Yoga Basics //Joe 4:30-5:30	Easy Beginners //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
EVENING		Power Flow 45 //Shannon 6-7	Restorative Flow //Crystal 6-7 <i>with music and Lavender Towels</i>	Power Yoga Basics //Joe 6-7	Restorative Flow //Kate 6-7 Yoga Nidra on the 24th		

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°)

All Levels Flow
Vinyasa flow class for all levels.
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 Flow 45
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°)

Yoga Nidra: Replaces Restorative Flow on Thursday Night on April 24th

Easter Hours: Good Friday and Easter Monday— **SPECIAL HOURS:** 9 AM Easy Beginners & 10:30 AM Restorative Flow only.

We're closed on Easter Sunday.