

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<b>MORNING</b>	<b>Easy Beginners</b> //Kate 9-10 <i>with Lavender Towels</i>	<b>Restorative Flow</b> //Joe 9-10	<b>Easy Beginners</b> //Joe 9-10	<b>Power Yoga Basics</b> //Joe 9-10	<b>Easy Beginners</b> //Kate 9-10	<b>Restorative Flow</b> //Joe 9-10	<b>Easy Beginners</b> //Joe 9-10
<b>NOON</b>	<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
<b>AFTERNOON</b>		<b>All Levels Flow</b> //Joe 4:30-5:30	<b>Power Yoga Basics</b> //Joe 4:30-5:30	<b>Easy Beginners</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>EVENING</b>		<b>Power Flow 45</b> //Shannon 6-7	<b>Restorative Flow</b> //Crystal 6-7 <i>with music and Lavender Towels</i>	<b>All Levels Flow &amp; Meditation</b> //Kate 6-7 <div>Power Basics on the 7th</div>	<b>Restorative Flow</b> //Kate 6-7		

## 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°)**

### All Levels Flow & Meditation

Vinyasa flow class for all levels (30 minutes) followed by guided seated meditation or yoga nidra.

**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 for Golfers: Workshop:** Saturday, May 24th at Noon. Free for Members or \$25 everybody else.

**Monday, May 19th: Victoria Day**

**SPECIAL HOURS:** 9 AM Easy Beginners & 10:30 AM Restorative Flow only.