

| | <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|------------------|---|--|---|---|--|---|---|
| MORNING | Easy Beginners //Kate 9-10 <i>with Lavender Towels</i> | Restorative Flow //Joe 9-10 | Easy Beginners //Joe 9-10 | Power Yoga 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 Classes cancelled Saturday, June 7th for special Masterclasses and Teacher Training |
| 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> | All Levels Flow & Meditation //Kate 6-7 | Restorative Flow //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°)

Masterclasses & Teacher Training with Coeli Marsh: June 6th & 7th

Friday: All Levels Slow Vinyasa Masterclass with Coeli Marsh • 6 to 7:30 PM • \$20— Beginners Welcome

Saturday: Slow Vinyasa & Restore Masterclass—Beginners Welcome • 9 to 11 AM \$25 // Teacher Training 9 AM to 4 PM \$75

*** Please note: Regularly scheduled classes for Saturday, June 7th are cancelled for one day only*