

Yoga Class Schedule - SEPTEMBER

Monday - 5:45-6:45 am - Early AM Hatha Flow
9:00-10:00 am - Mid-AM Gentle Flow
5:30-6:30 pm - Mindful Movement

Wednesday - 6:30-7:30 am - Rise & Flow (@ studio)
9:00-10:00 am - Accessible/Chair

Thursday - 6:00-7:00 pm - Yoga w/ Light Weights
7:15 - 8:15 pm - Restorative/Yin Yoga

Friday - 9:00-10:00 am - Mid-AM Gentle Flow

Saturday - 8:00-9:00 am - Self-Care Hatha Flow



Let
it
fall

HEART & SOUL YOGA
with Sharon

