

\ Yoga Class Schedule \

M	9:30am	Gentle Flow/Yin Yoga	Judith
	6:15pm	Ayurvedic Flow 1	Ivy
	7:45pm	Flow 1-2	Adam
T	9:30am	Yoga for Women's Health	Nancy
	6:15pm	Pre-Natal	Ivy
	7:45pm	Flow 1-2	Rebecca
W	8:45am	Community Meditation	Ivy/Debbie
	9:30am	Ayurvedic Flow 1	Ivy
	6:15pm	Flow 1	Gopati
	7:45pm	Flow 1-2	Loryn
T	9:30am	Flow 2	Debby
	6:15pm	Flow 1-2	Anuttara
	7:45pm	Gentle Flow	Jen
F	9:30am	Flow 1-2	Lynn
S	9:15am	Ayurvedic Flow 1-2	Ivy
	11:00am	Yin Yoga	Judith
	2:00pm	Yoga Nidra <i>(1st Sat. of each month)</i>	Lynn/Ivy
S	10:30am	Flow 1-2	Lynn
	12:00pm	Flow 1	Lynn
	2:00pm	Family Yoga	Andrea
	4:00pm	Restorative Flow	Nanette