

Yoga Calendar



AT CASHEW HILL

OMatCashewHill.com

November 19 - December 23, 2018

8:00a.m. 9:30a.m. 4:30p.m. 6:00p.m.

	8:00a.m.	9:30a.m.	4:30p.m.	6:00p.m.
Monday Lunes	Annie Yin & MFR		Diana Chakra Flow	Diana 45 min Meditation**
Tuesday Martes	Carolina Vinyasa Flow		Rachel Slow Flow	Rachel Yin en Espanol
Wednesday Miércoles	Arani Karuna Flow		Eliz Power Flow	60 min CommUNITY Karma**
Thursday Jueves	Dani Sweaty Flow		Arani Yin & Restore	Rachel Power Flow
Friday Viernes	Arani Karuna Flow		Fiona Slow Flow	
Saturday Sábado	Carolina Yoga Tone		Dani Vinyasa Flow	
Sunday Domingo	Annie Yin-Vin	Cishel Yoga en Espanol	Eliz Detox Flow*	Diana Restorative Yoga & Sound Healing

\$12 USD | Drop-In
 \$50 USD | 5 classes
 \$80 USD | 10 classes
 \$120 USD | 20 classes

All Classes are OPEN LEVEL &
 75 minutes in length
 unless otherwise noted

* = Level 2 ** = Donation

Please sign
 In at
 Reception



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