

Yoga Calendar

January 7 to February 17, 2019

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		Annie Yin	Fiona Slow Flow
Wednesday Miércoles	Arani Karuna Flow		Eliz Power Flow	60 min CommUNITY Karma**
Thursday Jueves	Dani Sweaty Flow		Arani Yin & Restore	Rachel Yoga en Espanol
Friday Viernes	Arani Karuna Flow		Fiona Slow Flow	Rachel Power Flow
Saturday Sábado	Carolina Yoga Tone		Dani Vinyasa Flow	
Sunday Domingo	Annie Karuna Flow	Cishel Vinyasa Flow	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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