

Yoga Calendar



OMatCashewHill.com

February 18 to March 31, 2019

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	Cishel Yoga En Español	Diana Chakra Flow	Diana 45 min Meditation**
Tuesday Martes	Carolina Vinyasa	Fiona Slow Flow	Annie Karuna Flow	Rachel Yoga En Español
Wednesday Miércoles	Adriana Vinyasa	Annie Yin-Vin	Eliz Power Flow	60 min CommUNITY Karma**
Thursday Jueves	Dani Sweaty Flow	Adero Hatha Yoga	Diana Yin & Restore	Rachel Power Flow
Friday Viernes	Eliz Karuna Flow	Fiona Slow Flow	Rachel Vinyasa	Diana Yin Yoga & Sound Healing
Saturday Sábado	Adriana Ashtanga Flow	Carolina Yoga Tone	Dani Vinyasa Flow	Eliz Hatha Yoga
Sunday Domingo	Cishel Vinyasa		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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