



2024
NATURALLY YOGA CLASS SCHEDULE
living and loving naturally

YOUR CHOICE:
IN STUDIO
OR
ON ZOOM

MON		TUE		WED		THU		FRI		SAT		SUN	
<div>BEGINNER</div> Soft and gentle, walking through all poses and how to do them.		<div>BASIC</div> Already know the poses, have some experience, and feel confident going a little deeper.		<div>MIXED LEVEL</div> A mix between basic and higher level, with more challenging balance and strength poses, creating lifelong benefits for your practice.									
8:00								8:15 AM START MIXED LEVEL Suzanne Barron		MIXED LEVEL Veronica			
8:45		8:45 AM FREE MEDITATION ALL LEVELS											
9:30	BASIC Alison Edsall	MIXED LEVEL Sheryl	BASIC Angela	MIXED LEVEL Sheryl		BASIC Lillie Kae	MIXED LEVEL Sheryl			MIXED LEVEL Sheryl		MIXED LEVEL Veronica	
11:00												11:00 AM FREE MEDITATION ALL LEVELS	
11:30						MIXED LEVEL KUNDALINI Sheryl							
12:00													
1:00													
4:30			MIXED LEVEL Veronica										
6:00	MIXED LEVEL Valerie					MIXED LEVEL FOCUSED FLOW Veronica							
6:30													
7:30	YIN-YASA Lauren												