



2024
NATURALLY YOGA CLASS SCHEDULE
 living and loving naturally

YOUR CHOICE:
 IN STUDIO
 OR
 ON ZOOM

		MON	TUE	WED	THU	FRI	SAT	SUN		
		<div style="display: flex; align-items: center;"> <div style="width: 12px; height: 12px; background-color: #90EE90; margin-right: 5px;"></div> BASIC Already know the poses, have some experience, and feel confident going a little deeper. </div>				<div style="display: flex; align-items: center;"> <div style="width: 12px; height: 12px; background-color: #ADD8E6; margin-right: 5px;"></div> MIXED LEVEL A mix between basic and higher level, with more challenging balance and strength poses, creating lifelong benefits for your practice. </div>				<div style="display: flex; align-items: center;"> <div style="width: 12px; height: 12px; background-color: #FFD700; margin-right: 5px;"></div> OPEN LEVEL A Vinyasa flow with attention to alignment, breath and the sacred teachings of yoga. </div>
8:00					1ST FRIDAY OF EVERY MONTH →	8:15 AM START MIXED LEVEL Suzanne Barron	OPEN LEVEL Veronica			
8:45	NEW ↓		8:45 AM FREE MEDITATION ALL LEVELS – Sheryl							
9:30	↓ OPEN LEVEL → Veronica	OPEN LEVEL Sheryl	OPEN LEVEL Sheryl	BASIC Angela	OPEN LEVEL Sheryl	OPEN LEVEL Lillie Kae	OPEN LEVEL Sheryl	OPEN LEVEL Veronica		
11:00								11:00 AM FREE MEDITATION ALL LEVELS – Veronica		
11:30										
12:00										
1:00										
4:30				OPEN LEVEL Veronica						
6:00		MIXED LEVEL Valerie	OPEN LEVEL Lillie Kae		FOCUSED FLOW MIXED LEVEL Veronica					
6:30							NEW DAY & TIME EVERY OTHER SUNDAY	7:00 PM START → YIN MIXED LEVEL Lauren		
7:30										