



# NATURALLY YOGA CLASS SCHEDULE

living and loving naturally

YOUR CHOICE:  
IN STUDIO  
OR  
ON ZOOM

	MON	TUE	WED	THU	FRI	SAT	SUN
	<b>BEGINNER</b> Soft and gentle, walking through all poses and how to do them.		<b>BASIC</b> Already know the poses, have some experience, and feel confident going a little deeper.		<b>MIXED LEVEL</b> A mix between basic and higher level, with more challenging balance and strength poses, creating lifelong benefits for your practice.		
8:00					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 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 Carol Bring Light Weights	MIXED LEVEL YIN YOGA Lynda	MIXED LEVEL FOCUSED FLOW Veronica			
6:30							
7:30	YIN-YASA Lauren			BASIC Gernot Huber			