



# 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						<b>MIXED LEVEL</b> Suzanne Barron	<b>MIXED LEVEL</b> Veronica	
8:45			8:45 AM FREE MEDITATION ALL LEVELS					
9:30		<b>BASIC</b> Margie	<b>MIXED LEVEL</b> Sheryl	<b>BASIC</b> Angela	<b>MIXED LEVEL</b> Sheryl	<b>BASIC</b> Margie	<b>MIXED LEVEL</b> Sheryl	<b>MIXED LEVEL</b> Veronica
								11:00 AM FREE MEDITATION ALL LEVELS
11:30				<b>BEGINNER</b> SLOW STRETCH Margie	<b>MIXED LEVEL</b> KUNDALINI Sheryl	EVERY 3RD FRIDAY OF THE MONTH ↓		
12:00						<b>BASIC</b> Energy Movement Eileen Alexander		
1:00						1:00 - 1:15 Meditation		
4:30				<b>MIXED LEVEL</b> Veronica				
6:00		<b>MIXED LEVEL</b> Valerie	<b>MIXED LEVEL</b> Carol	<b>MIXED LEVEL</b> YIN YOGA Lynda	<b>MIXED LEVEL</b> FOCUSED FLOW Veronica			
7:30								
7:45		<b>MIXED LEVEL</b> Lauren						

Effective November 6, 2022