



2024
NATURALLY YOGA CLASS SCHEDULE
 living and loving naturally

YOUR CHOICE:
 IN STUDIO
 OR
 ON ZOOM

	MON	TUE	WED	THU	FRI	SAT	SUN
	■ BASIC Already know the poses, have some experience, and feel confident going a little deeper.		■ MIXED LEVEL A mix between basic and higher level, with more challenging balance and strength poses, creating lifelong benefits for your practice.			■ OPEN LEVEL A Vinyasa flow with attention to alignment, breath and the sacred teachings of yoga.	
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	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		OPEN LEVEL Lillie Kae		FOCUSED FLOW MIXED LEVEL Veronica			
6:30						NEW DAY & TIME EVERY OTHER SUNDAY →	7:00 PM START
7:30							YIN MIXED LEVEL Lauren