



# NATURALLY YOGA CLASS SCHEDULE

living and loving naturally

YOUR CHOICE:  
IN STUDIO  
OR  
ON ZOOM

		MON	TUE	WED	THU	FRI	SAT	SUN
		<p><span style="color: #808080;">■</span> <b>BEGINNER</b></p> <p>Soft and gentle, walking through all poses and how to do them.</p>			<p><span style="color: #90EE90;">■</span> <b>BASIC</b></p> <p>Already know the poses, have some experience, and feel confident going a little deeper.</p>	<p><span style="color: #FFD700;">■</span> <b>MIXED LEVEL</b></p> <p>A mix between basic and higher level, with more challenging balance and strength poses, creating lifelong benefits for your practice.</p>		
8:00						MIXED LEVEL Suzanne Barron	MIXED LEVEL Veronica	
8:45			8:45 AM FREE MEDITATION ALL LEVELS					
9:30		BASIC Margie	MIXED LEVEL Sheryl	BASIC Angela	MIXED LEVEL Sheryl	BASIC Margie	MIXED LEVEL Sheryl	MIXED LEVEL Veronica
								11:00 AM FREE MEDITATION ALL LEVELS
11:30				BEGINNER SLOW STRETCH Margie	MIXED LEVEL KUNDALINI Sheryl	EVERY 3RD FRIDAY OF THE MONTH ↓		
12:00						BASIC Energy Movement Eileen Alexander		
1:00						1:00 - 1:15 Meditation		
4:30				MIXED LEVEL Veronica				
6:00		MIXED LEVEL Valerie	MIXED LEVEL Carol	MIXED LEVEL YIN YOGA Lynda	MIXED LEVEL FOCUSED FLOW Veronica			
6:30								
7:30		MIXED LEVEL Lauren						

SPRING. Effective March 20, 2023