



2025
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		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		FOCUSED FLOW MIXED LEVEL Veronica					
6:30							
7:30							