



# 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 Veronica</b>	<b>MIXED LEVEL Loren</b>
8:45		<b>8:45 AM FREE MEDITATION ALL LEVELS</b>					
9:30	<b>BASIC Margie</b>	<b>MIXED LEVEL Sheryl</b>	<b>BASIC Angela</b>	<b>MIXED LEVEL Sheryl</b>	<b>BASIC Margie</b>	<b>MIXED LEVEL Sheryl</b>	<b>MIXED LEVEL Veronica</b>
							<b>11:00 AM FREE MEDITATION ALL LEVELS</b>
11:30			<b>BEGINNER SLOW STRETCH Margie</b>	<b>MIXED LEVEL KUNDALINI Sheryl</b>			
12:30							
4:30			<b>MIXED LEVEL Veronica</b>				
6:00	<b>MIXED LEVEL Valerie</b>	<b>MIXED LEVEL Carol</b>	<b>MIXED LEVEL YIN YOGA Lynda</b>	<b>MIXED LEVEL FOCUSED FLOW Veronica</b>			
7:30				<b>MIXED LEVEL Loren</b>			
7:45	<b>MIXED LEVEL Lauren</b>						

Effective July 18, 2022