



OUR CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00 AM - 7:00 AM Open Meditation Anand Murthy			
Special Events Check our online schedule for details!		Private Sessions Suzanne DeJong, RYT 200, CPYT	9:00 AM - 10:00 AM Power Hour Suzanne DeJong, RYT 200, CPYT	Private Sessions Suzanne DeJong, RYT 200, CPYT	9:00 AM - 10:00 AM Power Hour Suzanne DeJong, RYT 200, CPYT	8:30 AM - 9:45 AM Alignment & Flow Suzanne DeJong, RYT 200, CPYT
	10:30 AM - 11:30 AM Tai Chi / Qi Gong Mary Lou Flearl, MD		10:30 AM - 11:30 AM Tai Chi / Qi Gong Mary Lou Flearl, MD		10:30 AM - 11:30 AM Slow Flow Suzanne DeJong, RYT 200, CPYT	10:00 AM - 11:15 AM Ashtanga Vlad Rangotchev, RYT200
2:00 PM - 3:00 PM *3rd & 4th Sundays* Kids' Mindful Yoga Taina Collazo, PhD	Private Sessions Suzanne DeJong, RYT 200, CPYT	12:00 PM - 1:00 PM Power Hour Suzanne DeJong, RYT 200, CPYT		12:00 PM - 1:00 PM Power Hour Suzanne DeJong, RYT 200, CPYT	11:45 AM - 12:30 PM Open Meditation Anand Murthy	Special Events Check our online schedule for details!
4:30 PM - 5:45 PM Power Yoga Lauren Roads, CPYT	4:30 PM - 5:45 PM Alignment & Flow Suzanne DeJong, RYT 200, CPYT	4:30 PM - 5:45 PM Alignment & Flow Suzanne DeJong, RYT 200, CPYT	4:30 PM - 5:45 PM Power Yoga Brandie Fowler, CPYT	4:30 PM - 5:45 PM Power Yoga Vlad Rangotchev, RYT200	4:30 PM - 5:45 PM Power Yoga Brandie Fowler, CPYT	
	6:00 PM - 7:15 PM Ashtanga Vlad Rangotchev, RYT200	6:00 PM - 7:15 PM Hot Power Jacy Schwager, RYT200, CMT400	6:00 PM - 7:15 PM Ashtanga Vlad Rangotchev, RYT200	6:00 PM - 7:15 PM Hot Power Jacy Schwager, RYT200, CMT400	6:30 PM Nidra, Yin & Other Special Events Check online for details!	
			7:30 PM - 8:45 PM Restorative Yoga Brandie Fowler, CPYT			

NEW STUDENTS
\$45
 30 DAYS
 UNLIMITED

Which class do I take?

Show up to any class, and practice with patience and compassion. Approach your practice with curiosity rather than fear, expectation or judgement. Don't compete with yourself or anyone else. It's not about doing everything — it's about feeling everything.