



2018 FALL SCHEDULE

trueselfyoga

Unheated

80-85 degrees

95-105 degrees

FAMILY YOGA

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM		Hot/Flow Fusion 1hr		Hot/Flow Fusion 1hr			
8:00 AM						Flow 75 mins & Hot Hatha 75mins	
9:00 AM	Flow 75mins		Flow 75mins		Flow 75mins		Flow 90 mins & Hot Hatha 75mins
9:30 AM	9:15 - 10:30 Prenatal Yoga	Hot Hatha 75 mins		Hot Hatha 75 mins		10:00-11:00 Sculpt 1hr	
10:30 AM	10:45 - 11:45 Postnatal Yoga	Gentle 75mins		Gentle 75mins	11 - 12:15 Gentle w/Meditation	Gentle/Yin 75mins	11 - 12:15 Gentle w/Yoga Nidra 75mins
NOON	Hot/Flow Fusion 1hr	12:15 - 1:15 FREE Yoga Basics	Hot/Flow Fusion 1hr		Hot/Flow Fusion 1hr		
1:00 PM						Hot/Flow Fusion 1hr	Hot/Flow Fusion 1hr
4:00 PM						Slow Flow 1hr	Gentle/Yin 90mins
4:10 PM	Slow Flow 1hr	Sculpt 1hr & Kids Yoga (Ages 5-9)	Slow Flow w/Yoga Nidra 75mins	Sculpt 1hr & Kids Yoga (Ages 8-13)	Slow Flow 1hr	4pm: Hot Hatha 75mins	4pm: Hot Hatha 90mins
5:30 PM	Flow 75mins & Hot Hatha 75mins	Flow 75mins & Hot Hatha 75mins	Hot Hatha 75 mins	Flow 75mins & Hot Hatha 75mins	Flow 60mins & Hot Hatha 75mins		
6:00 PM			Yin Flow w/Yoga Nidra 75mins				
7:00 PM	Gentle Restorative 1hr	Candlelit Slow Flow 1hr	Sculpt 1hr	Candlelit Slow Flow 1hr			