



2018 WINTER SCHEDULE

Unheated

80-85 degrees

95-105 degrees

FAMILY YOGA

trueselfyoga

BEGINS JANUARY 8TH

**Attended by trainees 1/26-4/1: expect fuller classes

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00 AM		Hot/Flow Fusion 1hr		Hot/Flow Fusion 1hr			
7:00 AM		Meditation		Meditation			
8:00 AM			Slow Flow 1hr			**Flow 75mins	
9:00 AM	Flow 75mins	9:15-10 Little Movers (9-20mos) w/caregiver			Flow 75mins	Hot Hatha 75 mins	**Flow 90 mins & Hot Hatha 75mins
9:30 AM	9:15 - 10:30 Prenatal Yoga	Hot Hatha 75 mins		Hot Hatha 75 mins			
10:30 AM	10:45 - 11:45 Postnatal Yoga	Gentle 75mins	11-11:45 Storytime Yoga (2-6 yrs)	Gentle 75mins		Gentle/Yin 75mins	11 - 12 noon Gentle w/Yoga Nidra 1hr
NOON	Hot/Flow Fusion 1hr	12:15 - 1:15 FREE Yoga Basics	Hot/Flow Fusion 1hr		Hot/Flow Fusion 1hr	10:45 - 12 noon Prenatal Yoga	
1:00 PM						Hot/Flow Fusion 1hr	Hot/Flow Fusion 1hr
4:00 PM							**Gentle/Yin 90mins
4:15 PM	Slow Flow 1hr	4:15-5 Kids Yoga (7-11 yrs)	Slow Flow w/Yoga Nidra 75mins		Slow Flow 1hr		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 75mins & Hot Hatha 75mins		
6:00 PM			Yin Flow w/Yoga Nidra 75mins				
7:00 PM	Gentle Restorative 1hr	Candlelit Slow Flow 1hr		Candlelit Slow Flow 1hr			