

# YOGA CLASS SCHEDULE

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## Monday

12:30PM-1:30PM | Therapeutic Yoga | w/Christine

6:00PM-7:15PM | Trauma Informed Slow Flow | w/Ally

## Tuesday

9:30AM-10:25AM | Yoga for Transformation | w/Raechel

10:30AM-11:00AM | Guided Meditation | w/Raechel

6:30PM-7:15PM | Yin Yoga | w/Jessica

## Wednesday

9:00 AM-10:15 AM | Gentle Trauma Informed Yoga | w/Adar

4:45 PM-6:00 PM | Tantra Yoga | w/Raechel

## Thursday

9:30 AM-10:45 AM | Liberation Yoga | w/Erin

5:30 PM-6:45 PM | Slow Flow + Yoga Nidra Sound Healing | w/Lesley

## Friday

9:00 AM-10:15 AM | Trauma Informed Yoga | w/Betsy

