

S	M	T	W	T	F	S
	6:30–7:30am* Flow		6:30–7:30am* Flow		6:30–7:30am* Flow	8:30–9:30am Flow
9–10am Slow Flow	9–10am Slow Flow	9–10am Flow	9:00–10am Flow	9–10am Flow	9–10am Flow	10–11am Flow
10:30–11:30am Flow		10:30–11:30am Slow Flow		10:30–11:30am Slow Flow		11:30–12:30pm Flow/Restore
	12–1pm Flow		12–1pm Flow/Yin		12–1pm Flow	
Workshops & Events	6–7pm Flow	5:30–6:30pm Flow	5:30–6:30pm Flow	5:30–6:30pm Flow	5–6pm Flow/Restore	Workshops & Events
September 10th 2:00–4:15pm Sensory Awakening	7:30–8:30pm Yin	7–8pm Slow Flow	7–8pm Slow Flow	7–8pm Yin	September 8th 6:30–8:00pm Deep Stretch & Deep Rest	Every Saturday in Sept. 1:00–4:00pm The Fundamentals of Yoga Student Training
						September 9th 6:30–8:30pm Breathe (Y)in

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