

S	M	T	W	T	F	S
	<b>6:30–7:30am*</b> Flow	<b>7:00–8:00am*</b> Flow	<b>6:30–7:30am*</b> Flow	<b>7:00–8:00am*</b> Flow	<b>6:30–7:30am*</b> Flow	<b>8:30–9:30am</b> Flow
<b>9–10am</b> Slow Flow	<b>9–10am</b> Slow Flow	<b>9–10am</b> Flow	<b>9:00–10am</b> Flow	<b>9–10am</b> Flow	<b>9–10am</b> Flow	<b>10–11am</b> Flow
<b>10:30–11:30am</b> Flow		<b>10:30–11:30am</b> Slow Flow		<b>10:30–11:30am</b> Slow Flow		<b>11:30–12:30pm</b> Flow/Restore
	<b>12–1pm</b> Flow		<b>12–1pm</b> Flow/Yin		<b>12–1pm</b> Flow	
<b>Workshops &amp; Events</b>	<b>6–7pm</b> Flow	<b>5:30–6:30pm</b> Flow	<b>5:30–6:30pm</b> Flow	<b>5:30–6:30pm</b> Flow	<b>5–6pm</b> Flow/Restore	
November 12th <b>5:00–6:30pm</b> <b>Sound Bath Meditation</b>	<b>7:30–8:30pm</b> Yin	<b>7–8pm</b> Slow Flow	<b>7–8pm</b> Slow Flow	<b>7–8pm</b> Yin	November 10th <b>6:30–8:00pm</b> <b>Deep Stretch &amp; Deep Rest</b>	<b>SukhaLife Teacher Training for Modern Yoga</b> Mar 2 - Jun 30, 2024

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