

S	M	T	W	T	F	S
<b>9–10am</b> Slow Flow  <b>10:30–11:30am</b> Flow  <b>12–1pm*</b> Donation Flow  <b>May 12th</b> 5:00–6:30pm <b>Sound Bath Meditation</b>  <b>May 19th</b> 6:00–7:30pm <b>Deep Stretch &amp; Deep Rest</b>	<b>6:30–7:30am*</b> Flow  <b>9–10am</b> Slow Flow  <b>12–1pm</b> Flow  <b>6–7pm</b> Flow  <b>7:30–8:30pm</b> Yin	<b>7:00–8:00am*</b> Flow  <b>9–10am</b> Flow  <b>10:30–11:30am</b> Slow Flow  <b>5:30–6:30pm</b> Flow  <b>7–8pm</b> Slow Flow/Yin	<b>6:30–7:30am*</b> Flow  <b>9:00–10am</b> Flow  <b>12–1pm</b> Flow/Yin  <b>5:30–6:30pm</b> Flow  <b>7–8pm</b> Slow Flow	<b>7:00–8:00am*</b> Flow  <b>9–10am</b> Flow  <b>10:30–11:30am</b> Slow Flow  <b>5:30–6:30pm</b> Flow  <b>7–8pm</b> Yin	<b>6:30–7:30am*</b> Flow  <b>9–10am</b> Flow  <b>12–1pm</b> Slow Flow  <b>5–6pm</b> Flow/Restore	<b>8:30–9:30am</b> Flow  <b>10–11am</b> Slow Flow  <b>11:30–12:30pm</b> Flow/Restore  <b>Workshops &amp; Events</b>  <b>March - June</b> 1:00–6:00pm <b>Teacher Training for Modern Yoga</b>

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