

S	M	T	W	T	F	S
	7:00–8:00am* Flow	6:30–7:30am* Flow	7:00–8:00am* Flow	6:30–7:30am* Flow	7:00–8:00am* 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 Slow 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* Donation Flow	12–1pm Flow		12–1pm Flow/Yin		12–1pm Slow Flow	
Workshops & Events						
February 7th 5:30–7:00pm Self Care, Yin And Yoga Nidra		5:30–6:30pm Flow	5:30–6:30pm Flow	5:30–6:30pm Flow	5–6pm Flow/Restore	
February 9th 5:00–6:30pm Sound Bath Meditation	6–7pm Flow				Workshops & Events	Workshops & Events
February 16th 4:00–6:00pm Move Love	7:30–8:30pm Yin	7–8pm Slow Flow/Yin	7–8pm Slow Flow	7–8pm Yin	March 21st 6:30–8:00pm Acoustic Candlelit Restorative Yoga	

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