

Sunflower Yoga Class Schedule

Check out sunfloweryogastudio.com for the latest news and updates.

	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
Morning			6:30-7:30 a.m. Theresa Sunrise Yoga		6:30-7:30 a.m Theresa Sunrise Yoga		
		10-11:15 a.m. Basil Yoga Basics	10:00-11:00 Carolyn Yoga I	10-11:15 a.m. Basil Yoga Basics	10-11:30 a.m. Tiffany Yoga II [starts 2/22]	10-11:15 a.m. Jill Chakra Flow Yoga	
Afternoon	Noon – 1 p.m. Theresa Lunchtime Yoga			Noon-1 p.m. Basil Lunchtime Yoga			
	4:30-6:00 p.m. Lindsey Therapeutic Yoga						
Evening		5:30 – 7 p.m. Julie TriYoga Basics	6:00 – 7pm Dave Tai Chi	5:30 – 7 p.m. Julie TriYoga Basics	5:30 – 6:30 Jill Happy Hour Yoga		
	6:30-8:00 p.m. Jan Restorative Yoga						7:00-8:00 p.m. Meditation Hour (Free and open to the public)
		7:30 – 9 p.m. Tiffany Yoga I	7:30 – 8:30 Theresa Meditation /Pranayama [starts 3/5/08]	7:30 – 8:30 Carolyn Yoga & Dance			