



March 2019 Class Schedule

Let Your Body Flow

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15am	WARM Power Flow Izzy	WARM Power Flow Rosie	HOT Power Flow Ruth	WARM Power Flow Rosie	WARM Power Flow Maegan	WARM Power Flow Forrest	WARM Power Flow Ruth
8:15 - 9:30am	Flow & Yin \$10 Miranda	Slow Flow \$10 Alisa	Flow & Yin \$10 Amy	Slow Flow \$10 Alisa	Flow & Yin \$10 Anna	Gentle Flow \$10 Denise	Flow & Yin \$10 Amy
8:30 - 10:00am	Slow Power Flow Sara	WARM Flow & Yin Nathalie	HOT Slow Flow Tara	WARM Slow Power Flow Tucker W.	Slow Power Flow Sara	WARM Ashtanga Jonathan	HOT Power Flow Forrest
10:00 - 11:30am	Gentle Kundalini Sierra	Slow Flow & Restorative Paige (ends 11:15am)	WARM Power Flow Rosie	Gentle Restorative & Yin Paige (ends 11:15am)	Gentle Flow Tara	Gentle Restorative & Yin Amanda	Flow & Yin Julia
10:15 - 11:45am	Mindful Flow Gota	Align & Flow Joe	WARM Bhakti Flow Michael J.	Align & Flow Joe	WARM Bhakti Flow Michael J.	Align & Flow Joe	WARM Bhakti Flow Michael J.
12:15 - 1:45pm	Align & Flow Deirdre	HOT Flow & Yin Shala	WARM Flow & Yin Maeve (ends 1:30pm)	HOT Flow & Yin Shala	WARM Flow & Yin Tucker S. (Ends at 1:30)	HOT Power Flow Forrest	Yin Maegan
12:30 - 1:45pm	Back Care Libby	Therapeutic Yin Tucker S.	Back Care Libby	Therapeutic Yin Tucker S.	Self-Massage & Yin Libby	Slow Flow & Yin Tucker S.	WARM Slow Flow Denise
2:15 - 3:45pm	HOT Power Ashtanga Mix \$10 Stephanie	WARM Power Flow \$10 Tucker W. (ends 3:30pm)	Align & Flow \$10 Amanda	WARM Power Flow \$10 Tucker W.	HOT Power Ashtanga Mix \$10 Stephanie	HOT Power Ashtanga Mix \$10 Tucker S.	Slow Flow \$10 Nicole (ends 3:30pm)
2:30 - 3:45pm	Gentle Flow & Restorative \$10 Maeve	Gentle Flow & Restorative \$10 Denise	Gentle Restorative & Yin \$10 Tanya	Led Ashtanga \$10 Jonathan	Gentle Flow & Restorative \$10 Amy	Gentle Restorative & Yin \$10 Tanya	WARM Flow & Yin \$10 Anna
4:00 - 5:15pm	WARM Yin Shala (ends 5:00pm)	WARM Flow & Yin Tucker S.	Slow Mindful Flow Lewis	WARM Bhakti Flow Michael J.	HOT Slow Flow Denise	WARM Slow Power Flow Nathalie	Gentle Restorative & Yin Maeve
4:15 - 5:30pm	WARM Power Flow Ruth	Slow Flow & Restorative Nathalie	Gentle Restorative & Yin Michael J.	Slow Flow & Restorative Lyndsey	Slow Flow & Restorative Andie	Therapeutic Yin Tucker S.	WARM Power Flow Ruth
5:30 - 6:45pm	HOT Flow & Yin Shala	WARM Slow Power Flow Tara	HOT Flow & Yin Shala	WARM Flow & Yin Michael J.	WARM Flow & Yin Maeve	WARM Flow & Yin Ruth	WARM Flow & Yin Maeve
5:45 - 7:00pm	WARM Bhakti Flow Michael J.	Yin Kimberley	WARM Bhakti Flow Michael J.	Align & Flow Joe	Yin Tucker S.	Gentle Restorative & Yin Nathalie	Gentle Kundalini Ananda
7:00 - 8:15pm	WARM Power Flow \$10 Maegan	WARM Kundalini \$10 Ananda	WARM Flow & Yin Maegan	HOT Kundalini \$10 Sierra (ends at 8:30pm)	Charity of the Month: Pisgah Legal Services March 28 - 10% of Drop-In & Community Class Sales Donated Ask us how you can get involved!		Gentle Restorative & Yin \$10 Michael J.
7:15 - 8:30pm	Gentle Restorative & Yin Lyndsey	Mindful Flow Richard	Gentle Restorative & Live Music \$10 Becca	Gentle Yin & Nidra Miranda			Kirtan & Meditation \$10 Amah (ends at 8:15)

Intro to Yoga
Free info & yoga session
Every Monday at 5:45pm

**30 Days of
Yoga for \$30**
Intro Special for new locals!
Terms apply.

**Yoga and
Self-Care
Strategies for
Chronic Pain**
with Libby Hinsley
March 15 - 17
300-Hour YA Credit

Mindful Assists
with Shala Worsley
March 15 - 17
300-Hour YA Credit

**FREE CLASS
Spring Equinox
Flow**
with Miranda Peterson
March 20 at 5:58pm

**Breaking Barriers
Yoga of 12-Step
Recovery**
with Nikki Myers
March 29 - 31
300-Hour YA Credit

Classes recommended for beginners