

Foundations Yoga Fall Class Schedule (beginning 9/3) ~ Morning/Afternoon

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15 AM					30 min. meditation ~ \$10 drop in		
8:45 AM							Beginner's Yoga (Hatha)
9:00 AM		Vinyasa ~ all levels	Hatha Yoga ~ all levels	Vinyasa ~ all levels	Fundamentals of Yoga Beginner's class	Vinyasa ~ all levels *Power starts November	
10:00 AM							30 min. meditation ~ \$10 drop in
10:15 AM			Private Reiki & Private Yoga sessions available. Contact the studio for assistance.		Private Reiki & Private Yoga sessions available. Contact the studio for assistance.	Beginner's Yoga (Vinyasa)	
10:45 AM							

This schedule is subject to change. Please always confirm your class in MINDBODY.

Unlimited Yoga Packages include all 60 min. adult classes, meditations, crystal healing class & group Reiki

Foundations Yoga Fall Class Schedule ~ Evening

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:15 PM	Beginner's Yoga (vinyasa) *starts October		Beginner's Yoga (Hatha)	4:45 - 5:45 Private Reiki, Private Crystal Healing & Family Yoga appointments available.		1:00 - 3:00 Private Reiki, Private Crystal Healing, & Family Yoga sessions available. Contact the studio for assistance.	
5:15 PM		Yin Yoga			Group Crystal Healing Class		
5:45 PM			Group Reiki *75 min. class				
6:00 PM	Restorative Yoga			Restorative Yoga * 6:15 pm			
6:30 PM		Vinyasa ~ all levels					
7:30 PM	Group Reiki *75 min. class		Hatha Yoga ~ all levels	Beginner's Yoga (vinyasa)			

Private Reiki sessions, Private Crystal sessions, Private Yoga, & Family Yoga appointments available at the following times:

Wednesday mornings, Friday mornings, Thursday afternoons, and Saturday & Sunday afternoon

Workshops: Sound Healing Meditation with Judit Duran 9/13 @ 7:15 PM

Yoga Nidra with Anna Major 10/11 @ 7:15 PM

7 Chakras Workshop: Exploring the Rainbow Bridge with Sandy Izsa 10/20 @ 2:00 PM

Introduction to Crystals with Sandy Izsa 11/3 @ 2:00 PM

Herbal Healing: Your kitchen as a medicine cabinet with Debbie Weinstein 11/16 @ 2:30 PM