



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
YOGA BASICS 8:00 - 9:15 AM VINYASA YOGA PLUS 8:30 - 10:00 AM VINYASA YOGA CHILL 10:30 - 12:00 PM HATHA YOGA 1:30 - 2:45 PM HATHA YOGA 3:00 - 4:15 PM VINYASA YOGA CHILL 6:30 - 8:00 PM MAT PILATES 7:00 - 8:00 PM	HATHA YOGA 8:00 - 9:15 AM ASHTANGA YOGA 8:30 - 10:00 AM HATHA YOGA 10:30 - 11:45 AM VINYASA YOGA CHILL 3:00 - 4:30 PM BABY BALLET <small>Until May 10</small> 4:30 - 5:30 PM KALI 5:00 - 6:15 PM ADULT BALLET 5:45 - 7:00 PM YOGA BASICS 6:30 - 7:45 PM VINYASA YOGA CHILL 7:00 - 8:30 PM CHAKRA MEDITATION 8:15 - 9:00 PM	YOGA BASICS 8:00 - 9:15 AM VINYASA YOGA PLUS 8:30 - 10:00 AM VINYASA YOGA CHILL 10:30 - 12:00 PM HATHA YOGA 1:30 - 2:45 PM HATHA YOGA 3:00 - 4:15 PM VINYASA YOGA CHILL 6:30 - 8:00 PM MAT PILATES 7:00 - 8:00 PM	HATHA YOGA 8:00 - 9:15 AM ASHTANGA YOGA 8:30 - 10:00 AM HATHA YOGA 10:30 - 11:45 AM VINYASA YOGA CHILL 3:00 - 4:30 PM BABY BALLET <small>Until May 12</small> 4:30 - 5:30 PM KALI 5:00 - 6:15 PM ADULT BALLET 5:45 - 7:00 PM YOGA BASICS 6:30 - 7:45 PM VINYASA YOGA CHILL 7:00 - 8:30 PM ANGEL MEDITATION 8:15 - 9:00 PM
FRIDAYS	SATURDAYS	SUNDAYS	WORKSHOPS
YOGA BASICS 8:00 - 9:15 AM VINYASA YOGA PLUS 8:30 - 10:00 AM VINYASA YOGA CHILL 10:30 - 12:00 PM HATHA YOGA 1:30 - 2:45 PM HATHA YOGA 3:00 - 4:15 PM MOVEMENT MEDITATION 6:00 - 7:00 PM VINYASA YOGA CHILL 6:30 - 8:00 PM FULL MOON MEDITATION 7:00 - 8:00 PM <small>May 20 only</small>	CHEN T'AI CHI 7:00 - 8:30 AM HATHA YOGA 8:30 - 9:45 AM VINYASA YOGA CHILL 10:00 - 11:30 AM	HATHA YOGA 8:30 - 9:45 AM VINYASA YOGA CHILL 8:30 - 10:00 AM CAPOEIRA (EBC) 10:00 - 11:30 AM SHAMANIC JOURNEY 11:30 - 1:00 PM	MAY 14, SATURDAY ADVANCED REIKI TRAINING 8:00 AM - 3:30 PM MAY 14, SATURDAY MOVEMENT MEDITATION WORKSHOP 12:00 NN - 5:00 PM MAY 21, SATURDAY CHAKRA MINI MEDITATION RETREAT 2:00 PM - 5:00 PM MAY 21, SATURDAY QIGONG WORKSHOP 2:00 PM - 5:00 PM MAY 28, SATURDAY GAIA HEALING LEVEL I 8:00 AM - 6:00 PM

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Start a habit. Create a lifestyle.