

Summer Yoga Series



All class times in pdt

July

Monday:	ALL	Dynamic (+ Meditation to follow)	7 am - 8:15 am
Thursday	17	Restorative	7 pm - 8:15 pm

August

Monday:	4,11, 25	Dynamic (+ Meditation to follow)	7 am - 8:15 am
Thursday	14	Restorative	7 pm - 8:15 pm

September

Monday:	8, 15, 22, 29	Dynamic (+ Meditation to follow)	7 am - 8:15 am
Thursday	18	Restorative	7 pm - 8:15 pm