

Winter Yoga Series



All class times are in pacific time.

January

Monday: 8, 15, 22	Dynamic Yoga	7am - 8:15 am
Thursday: 11, 18	Restorative Yoga	7:15 - 8:15 pm
Sunday: 21	Dynamic Yoga	9 - 10:30 am

February

Monday: 19, 26	Dynamic Yoga	7am - 8:15 am
Thursday: 22	Restorative Yoga	7:15 - 8:15 pm
Sunday: 25	Dynamic Yoga	9 - 10:30 am

March

Monday: ALL	Dynamic Yoga	7am - 8:15 am
Thursday: 7	Restorative Yoga	7:15 - 8:15 pm
Sunday: 3, 17	Dynamic Yoga	9 - 10:30 am