

March 2016

Advanced Health Massage & Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	1	2	3	4	5
8:30-10:15am Ashtanga Primary Series with Liz	7-8:15pm All Levels Hatha Chakra Limbering Flow with Liz	9:30-10:30am Beginner Hatha with Tracy 6-7:15pm Beginner Hatha with Maria	6:30-7:30pm Gentle- Moderate Hatha with Janice	9:30-10:30am Hatha Yoga for Everyone with Liz 7-8:15pm All Levels Vinyasa with Cornelia	No Classes	9-10:15am All Levels Vinyasa with Cornelia
6	7	8	9	10	11	12
8:30-10:15am Ashtanga Primary Series with Liz	7-8:15pm All Levels Hatha Chakra Limbering Flow with Liz	9:30-10:30am Beginner Hatha with Tracy 6-7:15pm Beginner Hatha with Maria	6:30-7:30pm Gentle- Moderate Hatha with Janice	9:30-10:30am Hatha Yoga for Everyone with Liz 7-8:15pm All Levels Vinyasa with Cornelia	9:30-10:30am All Welcome Pranayama Conscious Breath and Meditation Class with Preeti, YTT	9-10:15am All Levels Vinyasa with Desiree YTT
13	14	15	16	17	18	19
8:30-10:15am Ashtanga Primary Series with Liz	7-8:15pm All Levels Hatha Chakra Limbering Flow with Liz	9:30-10:30am Beginner Hatha with Tracy 6-7:15pm Beginner Hatha with Maria	6:30-7:30pm Gentle- Moderate Hatha with Janice	9:30-10:30am Hatha Yoga for Everyone with Liz 7-8:15pm All Levels Vinyasa with Cornelia	7-9PM Explore Flight Arm Balance Workshop with Liz \$15 or use your class pass!	9-10:30am Breath, Flow, Circulation, and inversions through vinyasa-All Levels with Liz
20	21	22	23	24	25	26
8:30-10:15am Ashtanga Mysore Independent Style with Liz 2:30-4PM Restorative Yin Yoga with Liz	7-8:15pm All Levels Hatha Chakra Limbering Flow with Liz	9:30-10:30am Beginner Hatha with Tracy 6-7:15pm Beginner Hatha with Maria	6:30-7:30pm Gentle- Moderate Hatha with Janice	9:30-10:30am Hatha Yoga for Everyone with Liz 7-8:15pm All Levels Vinyasa with Cornelia	Let's Have a Ball! 7-8:30pm On the Exercise Ball Hatha Yoga-All Levels with Liz, Please Bring large Exercise Ball!	9-10:15am All Levels Vinyasa with Liz
27	28	29	30	31	1	2
8:30-10:15am Ashtanga Second Series Exploratory Led Practice with Liz	7-8:15pm All Levels Hatha Chakra Limbering Flow with Liz	9:30-10:30am Beginner Hatha with Tracy 6-7:15pm Beginner Hatha with Maria	6:30-7:30pm Gentle- Moderate Hatha with Janice	9:30-10:30am Hatha Yoga for Everyone with Liz 7-8:15pm All Levels Vinyasa with Cornelia	Look forward to April! Partner Yoga on 4/8 7-8:15pm Kids & Family Yoga 4/15 6:15-7:15pm	4/16 10:30-11:30am Prenatal Yoga with Liz 4/17 2-3:15pm Yoga Therapy for Back Pain & Alignment