



Meditation in Motion Training Class Changes

May 24 – 28 and June 7 - 11

Wednesday, May 24 and June 7		
Iyengar Levels I, II and III	9:00 – 10:00am	Moon Studio
Hatha Flow Yoga (Drop In)	9:30 – 10:45am	Cancelled
Yoga for Backcare	10:15 – 11:45am	Sun Studio
Kids Yoga	2:15 – 3:00pm	Sun Studio
Beginners Yoga	5:30 – 6:45pm	Moon Studio
Restorative Yin Yoga (Drop In)	7:00 – 8:15pm	Sun Studio
Thursday, May 25 and June 8		
Core Fusion	8:00 – 9:00am	Sun Studio (Moon Studio June 8)
Energizing Flow Yoga (Drop In)	9:30 – 11:00am	Sun Studio (Moon Studio June 8)
Yin Yoga (Drop In)	10:00 – 11:15am	Cancelled
Beginners Tai Chi	11:30am – 12:15pm	Sun Studio
Iyengar Level II & III	4:30 – 6:30pm	Moon Studio
Hatha Yoga/Yoga Nidra	7:00 – 8:15pm	Sun Studio
Friday, May 26 and June 9		
Beginners Yoga	9:00 – 10:00am	Moon Studio
Hatha Flow Yoga (Drop In)	9:30 – 10:45am	Sun Studio
Yoga Nidra (Drop In)	11:00 – 11:45am	Sun Studio
Community Class (Drop In)	7:00 – 8:15pm	Sun Studio
Saturday, May 27 and June 10		
Hatha Flow Yoga (Drop In)	8:30 – 9:45am	Sun Studio
Tai Chi	10:00 – 11:00am	Outside
Wake Up Yoga (Drop In)	10:00 – 11:30am	Sun Studio
Sunday, May 28 and June 11		
Hatha Flow Yoga (Drop In)	8:30 – 9:45am	Sun Studio
Wake up Yoga (Drop In)	10:00 – 11:30am	Sun Studio
Iyengar – All Levels	10:30 – 12pm	Moon Studio
Gurdjieff Movements	3:30 – 5:30pm	Moon Studio
Yoga/Yoga Nidra	6:30 – 7:45pm	Sun Studio
Sacred Chant Circle	7:30 – 9:00pm	Sun Studio

