



CLASS SCHEDULE FALL 2018

NHY at the Willow House

1016 E. Miller Drive
Bloomington, IN 47401
408-797-5656
nourishingheartyyoga.com

MONDAY

6:00 - 7:30pm **Restorative Yoga** *Matece Skow*
with Live Music (\$5 suggested donation to musicians)

TUESDAY

9:30 - 11:00am **Vinyasa Yoga** *Matece Skow*
11:15 - 12:15pm **Yin Yoga** *Matece Skow*
6:00 - 7:30pm **Meditation In Motion** *Yulia Azriel*

WEDNESDAY

12:00 - 1:00pm **Sacred Body Yoga** *Jamie Jackson*
4:30 - 5:30pm **Gentle Yoga** *Nadia Hamilton*
6:00 - 7:30pm **Wood Fired Vinyasa Yoga** *Matece Skow*

THURSDAY

9:30 - 11:00am **Vinyasa Yoga** *Taegan Anthony*
11:15 - 12:15pm **Yin Yoga** *Jesica Conger*
4:30 - 5:30pm **Restorative Yoga** *Sharon McGuire*

FRIDAY

12:00 - 1:00pm **Sacred Body Yoga** *Jamie Jackson*
4:30 - 5:30pm **Candlelight Gentle Yoga** *Rivkah Moore*

SATURDAY

Various workshops, check online schedule

SUNDAY

6:00 - 7:00pm **Gentle Yoga** *Denise Hyble*