

SADHANA YOGA

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			6:00am - 6:45am Sunrise Flow Brian			
10:00am - 11:00am Back to Basics Ali	10:00am - 11:00am Yin Style Stretch Ali	10:00am - 11:00am Vinyasa Flow Ali		10:00am - 11:00am Yin Style Stretch Brian	10:00am - 11:00am Regular Temperature Ali	10:00am - 11:00am Yin Yang Fusion Brian
					12:00 - 12:45pm Vinyasa Flow Ali	
	6:30 - 7:30pm Hatha Fusion Brian	6:30 - 7:30pm Yin Style Stretch* Ali	6:30 - 7:30pm Vinyasa Flow Brian	6:30 - 7:30pm Yin Yang Fusion Ali		*Once a month, Yin Style Stretch class will be RESTORATIVE YOGA
VINYASA FLOW	HATHA FUSION	SUNRISE FLOW	BACK TO BASICS	YIN STYLE STRETCH	YIN YANG FUSION	RESTORATIVE YOGA
A vigorous practice, with flowing sequences	Classic warm up followed by standing postures, balance and flow, and a cool down stretch	Gets your body moving, heart pumping and blood flowing to start your day	Basic yoga postures and simple sequencing	Deep stretches held for longer durations	Half stretch, half standing postures, flows are limited and optional	Supported with bolsters blocks and blankets, rest in postures for up to 10 minutes each