



P i n k L o t u s Y o g a . c o m

Winter 2018 Class Schedule

Monday

6:00-7:00 p.m.

Poses + Flow (Hatha+Vinyasa)

Marcia Camino

7:15-8:15 p.m.

Flow (Vinyasa)

Kevin Somerville

Tuesday

9:30-10:30 a.m.

Deep Stretch+Poses (Yin+Hatha)

Katie Clair

4:45-5:45 p.m.

Flow (Vinyasa/Yang)

Marcia Camino

6:00-7:00 p.m.

Deep Stretch (Yin)

Marcia Camino

7:15-8:30 p.m.

Yoga 1: A 6-Week Beginner Course

Courtney Conway

Wednesday

9:30-10:30 a.m.

Poses (Hatha)

Erin Donovan

10:45-11:45 a.m.

Flow (Vinyasa)

Erin Donovan

6:00-7:00 p.m.

Poses+Meditation (Hatha+Dhyana)

Renee Sharpless

7:15-8:15 p.m.

Gentle Poses+Relax (Restorative+Nidra)

Katie Clair

8:30-9:30 p.m.

Downward Facing Doom (Hatha/Vinyasa+Special Playlist)

Katie Clair

Thursday

9:30-10:30 a.m.

Deep Stretch+Poses (Yin+Hatha)

Katie Clair

6:00-7:30 p.m.

Poses (Hatha)

Marcia Camino

Friday

9:30-10:30 a.m.

Flow (Vinyasa)

Brie Dobrow

4:30-5:45 p.m.

Deep Stretch+Meditation (Yin+Dhyana)

Marcia Camino

6:00-7:00 p.m.

Downward Facing Doom (Hatha/Vinyasa+Special Playlist)

Katie Clair

7:15-8:30 p.m.

Gentle Poses+Relax (Hatha+Nidra)

Kevin Somerville

Saturday

8:30-9:45 a.m.

Poses (Hatha)

Bethany Thomas

10:00-11:15 a.m.

Poses (Hatha)

Renee Sharpless

11:30 a.m.-12:30 p.m.

Deep Stretch (Yin)

Brie Dobrow

Sunday

8:15-9:45 a.m.

Poses (Hatha)

Terry Grdina

10:00-11:00 a.m.

Flow (Vinyasa)

Sarah Lyon

11:15 a.m.-12:30 p.m.

Deep Stretch+Meditation (Yin+Dhyana)

Marcia Camino

1:00-1:45 p.m.

Children (ages 4-8)

Jacqueline Reasor

2:00-3:00 p.m.

Preteens (ages 9-14)

Jacqueline Reasor

5:30-6:30 p.m.

Deep Stretch (Yin)

Jenn Pae

