



PinkLotusYoga.com

Pink Lotus Yoga

Summer 2018 Indoors and Outdoors

Saturday May 26-Monday September 3

Saturday

5/26-9/1 8:15--9:15 a.m. Lakewood Park. RAINSITE: STUDIO

10:00-11:15 a.m. Intermediate Postures (Hatha II)

11:30 a.m.-12:30 p.m. Deep Stretch (Yin)

Sunday

5/27-9/2 8:15-9:45 a.m. Rocky River Park. RAINSITE: STUDIO

8/5-8/26 9:00-10:00 a.m. Kauffman Park. NO RAINSITE

10:00-11:00 a.m. Flow (Vinyasa)

11:15 a.m.-12:30 p.m. Deep Stretch+Mindfulness (Yin+Dhyana)

1:00-1:45 p.m. Children (ages 4-8)

2:00-3:00 p.m. Preteens (ages 9-14)

Monday

5/28 9:30-10:30 a.m. Rocky River Park. RAINSITE: STUDIO

12:15-1:00 p.m. Lunchtime Yoga (July and August)

6/4-8/27 6:00-7:00 p.m. Lakewood Park (except 5/28 and 9/3). RAINSITE: STUDIO

7:15-8:15 p.m. Flow (Vinyasa) (except 5/28 and 9/3)

9/3 9:30-10:30 a.m. Rocky River Park. RAINSITE: STUDIO

Tuesday

6:30-7:15 a.m. Morning Yoga

9:30-10:30 a.m. Deep Stretch+Poses (Yin+Hatha)

4:45-5:45 p.m. Flow (Vinyasa)

6:00-7:00 p.m. Deep Stretch (Yin)

7:15-8:15 p.m. Basics+Mindfulness (Hatha+Dhyana)

July Tuesdays 11:30 a.m.-12:45 p.m. Heritage Yoga at the Nicholson House

Wednesday

6:00-6:45 a.m. Morning Yoga (except 7/4)

9:30-10:45 a.m. Poses (Hatha) (except 7/4)

12:15-1:00 p.m. Lunchtime Yoga (except 7/4)

6:00-7:00 p.m. Poses+Flow (Hatha+Vinyasa) (except 7/4)

7:15-8:15 p.m. Gentle+Relax (Yoga Nidra) (except 7/4)

7/4 7:30-8:30 a.m. Lakewood Park. RAINSITE: STUDIO

7/4 9:30-10:30 a.m. Rocky River Park. RAINSITE: STUDIO

Thursday

6:30-7:15 a.m. Morning Yoga (except 6/21)

9:30-10:30 a.m. Deep Stretch+Poses (Yin+Hatha)

6:00-7:15 p.m. Intermediate Postures (Hatha II)

8:00-9:00 p.m. Downward Facing Doom (\$10 class)

6/21 5:45 a.m.-7:00 a.m. Summer Solstice Sunrise Yoga Lakewood Park. NO RAINSITE

6/21 6:00-8:00 p.m. *FREE* Summer Solstice Celebration Family Yoga Lakewood Park. NO RAINSITE

Friday

6:00-6:45 a.m. Morning Yoga

9:30-10:30 a.m. Flow (Vinyasa)

4:30-5:45 p.m. Deep Stretch+Meditation (Yin+Dhyana)

Outdoors: Pre-register for free, get rainsite updates; classes by donation onsite or rainsite

Studio: 18103 Detroit Ave; Lakewood. PinkLotusYoga.com

Lakewood Park: 14532 Lake Avenue; Kauffman Park: 15450 Detroit Avenue

Rocky River Park: 20250 Beach Cliff Boulevard; Nicholson House: 13335 Detroit Avenue; Lakewood