



PinkLotusYoga.com

Pink Lotus Yoga Fall Weekly Class Schedule Tuesday September 3-Wednesday January 1

Weekly classes:

Monday

- 6:00-6:45 a.m. Morning Blend—JENN
- 6:00-7:00 p.m. Poses+Flow (Hatha+Vinyasa)—CATHY
- 7:15-8:15 p.m. Gentle: Poses+Flow (Hatha+Vinyasa)—CATHY

Tuesday

- 9:30-10:45 a.m. Poses (Hatha)—MARCIA
- 6:00-7:00 p.m. Deep Stretch (Yin)—JOE
- 7:15-8:15 p.m. Basics and Meditation—JOE

Wednesday

- 6:00-6:45 a.m. Morning Blend—BRIE
- 9:30-10:30 a.m. Poses+Deep Stretch (Hatha+Yin)—JOE
- 6:00-7:00 p.m. Mid-Week Wind-Down (Yin, Restorative, Therapeutic)—SHANNON
- 7:15-8:15 p.m. Restorative Yoga and Yoga Nidra—BRIE

Thursday

- 9:30-10:30 a.m. Poses (Hatha)—KATIE
- 6:00-7:00 p.m. Poses+Flow (Hatha+Vinyasa)—KATIE
- 7:15-8:15 p.m. Beginners Yoga—KATIE

Friday

- 6:00-6:45 a.m. Morning Blend—JENN
- 4:30-5:45 p.m. Deep Stretch (Yin)—MARCIA
- 6:15-7:45 p.m. 10/11, 11/8, & 12/13: 2nd Friday Yoga Nidra and Tea—MARCIA

Saturday

- 8:15-9:15 a.m. Hatha/Vinyasa—TEACHERS IN ROTATION: MARCIA, JOE, RENEE, KATIE, SHANNON
- 9:30-10:30 a.m. Hatha I/II—TEACHERS IN ROTATION: MARCIA, JOE, RENEE, KATIE, SHANNON
- 10:45-11:45 a.m. Yin Yoga—TEACHERS IN ROTATION: MARCIA, JOE, RENEE, SHANNON
- 12:00-1:00 p.m. Yin Yoga (Yin+Dhyana)—TEACHERS IN ROTATION: MARCIA, JOE, RENEE, SHANNON
- 1:15-9:00 p.m. 9/21, 9/28, 10/12, 10/26, 11/2, 11/9, 11/23, 11/30, 12/14, 12/21, 12/28: Special Events

Sunday

- 8:15-9:45 a.m. Poses (Hatha/Amrit)—MARCIA
- 10:00-11:00 a.m. Flow (Vinyasa)—SARAH
- 11:15 a.m.-12:30 p.m. Deep Stretch+Meditation/Mindfulness (Yin+Dhyana)—MARCIA
- 1:00-9:00 p.m. 9/22, 9/29, 10/13, 10/27, 11/3, 11/10, 11/24, 12/1, 12/15, 12/22, 12/29: Special Events