



**Pink Lotus Yoga Online 2021 Spring Schedule
Special Events and Classes
April 5-May 28**

Our Zoom calendar: www.PinkLotusYoga.com

Get a month of unlimited classes and special events for \$50!
<https://checkout.square.site/buy/4UAHCQC6O3Q3ZO5EV2PKUYTL>

WEEKLY CLASS SCHEDULE

Mondays

No classes

Tuesdays

9:30- 10:45 a.m.— Mid-Morning Yoga (Sun Salutations + Hatha + Seated Meditation)

5:30-6:30 p.m.— Yin Yoga

Wednesdays

5:00-6:15 p.m.— Mid-Week Wind Down (Gentle Yoga + Nidra)

Thursdays

9:30- 10:45 a.m.— Mid-Morning Yoga (Sun Salutations + Hatha + Seated Meditation)

6:00-7:30 p.m.— Yin + Restorative Yoga

Fridays

4:30-6:00 p.m.— Yin Yoga

Saturdays

11:30 a.m.-12:45 p.m.— Yin Yoga

Sundays

9:00-10:30 a.m.— Amrit Yoga

4:00-5:15 p.m.— Yin Yoga