

Pink Lotus Yoga Online
Winter 2021 Class and Special Events Schedule

Mondays

No classes

Tuesdays

9:30- 10:45 a.m.—Mid-Morning Yoga

6:00-7:00 p.m.—Hatha and Yin Yoga

Wednesdays

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

Thursdays

9:30- 10:45 a.m.—Mid-Morning Yoga

6:00-7:30 p.m.—Yin Yoga + 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 (canceled 1/17, 1/31, 2/14, and 2/28 for long yin events; see below)

WINTER EVENTS

Sunday January 17 from 4:00-6:00 p.m.

2-Hour Yin Yoga Class

Fee: \$16.00/free for members

Saturday January 23 from 4:00-6:00 p.m.

Energy Anatomy Workshop: Chakras, Nadis, and Meridians

Lecture, share screen, applications, and practices

Fee: \$16.00/free for members

Sunday January 31 from 3:00-6:00 p.m.

3-Hour Yin Yoga Class

Fee: \$20.00/free for members

(continued)

Saturday February 6 from 4:00-6:00 p.m.

Ancient Depths : Introduction to Yoga Philosophy

Lecture, share screen, applications, and practices

Fee: \$16.00/free for members

Sunday February 14 from 4:00-6:00 p.m.

2-Hour Yin Yoga Class: The Heart Chakra and Meridian

Fee: \$16.00/free for members

Sunday February 28 from 4:00-6:00 p.m.

2-Hour Yin Yoga Class

Fee: \$16.00/free for members