



PinkLotusYoga.com

## Pink Lotus Yoga Summer Yoga Schedule Memorial Day to Labor Day

*New to Pink Lotus? Create a one-time account before you arrive for class:*

*Go to [www.pinklotusyoga.com](http://www.pinklotusyoga.com) to access our online scheduler and client account system.*

### 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. 2nd Fridays Candlelight Yoga Nidra (Deep Relaxation) and Tea—MARCIA

### Saturday

- \*8:15-9:15 a.m. Hatha/Vinyasa at Lakewood Park. Rain site: Studio (starts 6/1)—MARCIA
- 10:00-11:15 a.m. Poses II (Hatha II)—MARCIA
- 11:30 a.m.-12:45 p.m. Deep Stretch+Meditation/Mindfulness (Yin+Dhyana)—MARCA

### Sunday

- \*8:15-9:45 a.m. Poses (Hatha/Amrit) at Rocky River Park. Rain site: Studio (starts 6/2)—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

### Monday

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

### Tuesday

- 9:30-10:45 a.m. Poses (Hatha)—CATHY W. AND MARCIA ALTERNATING
- 6:00-7:00 p.m. Deep Stretch (Yin)—JOE
- 7:15-8:15 p.m. Poses+Meditation/Mindfulness (Hatha+Dhyana)—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. Basics: Poses (Hatha)—BRIE
- 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/Yang) at Rocky River Park. Rain site: Studio (starts 6/6)—MARCIA

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Workshops and Special Events: Check our online scheduler regularly

Yoga Teacher Training and Yoga Studies Training Programs: July 12-December 8

Full Outdoor Yoga Schedule: See other side

*\*Weekly outdoor classes offer our studio as a rain site and require membership, class passes, and single-class tickets as payment. Passes and single tickets can be purchased outdoors using cash/check. Pre-registration is recommended as emails go out to those registered 1.5-8 hours prior to start time when class needs to move indoors.*

Studio: 18103 Detroit Ave.; Lakewood. [PinkLotusYoga.com](http://PinkLotusYoga.com). 216-632-0816 Facebook. Instagram. Twitter  
Lakewood Park: 14532 Lake Ave.; Kauffman Park: 15450 Detroit Ave.; Rocky River Park: 20250 Beach Cliff Blvd.



PinkLotusYoga.com

## **Pink Lotus Yoga Outdoor Yoga Schedule Memorial Day to Labor Day**

*All attending our regular weekly, holiday, and co-sponsored outdoor yoga classes must have an account with our studio before practicing with us. New to Pink Lotus? Create a one-time account before you arrive for class: Go to [www.pinklotusyoga.com](http://www.pinklotusyoga.com) to access our online scheduler and client account system.*

### **WEEKLY OUTDOORS**

*Weekly outdoor classes offer our studio as a rain site and require membership, class passes, and single-class tickets as payment. Passes and single tickets can be purchased outdoors using cash/check. Pre-registration is recommended as emails go out to those registered 1.5-8 hours prior to start time when class needs to move indoors.*

Saturdays 8:15-9:15 a.m. Hatha/Vinyasa at Lakewood Park (starts 6/1)

Sundays 8:15-9:45 a.m. Poses (Hatha/Amrit) at Rocky River Park (starts 6/2)

Thursdays 6:00-7:00 p.m. Poses+Flow (Hatha+Vinyasa/Yang) at Rocky River Park (starts 6/6)

### **HOLIDAY OUTDOORS**

***Free to enroll. Payment is by-donation (cash/check). No rain site. Pre-registration recommended and required for 6/21 sunrise class.***

Monday 5/27 9:30-10:30 a.m. Memorial Day Yoga at Rocky River Park (all studio classes canceled)

Friday 6/21 5:45 a.m-7:00 a.m. Annual Summer Solstice Sunrise Yoga at Lakewood Park. Pre-registration required, deadline 6/19, reservations cannot be made for others (6:00 a.m. studio class canceled)

Thursday 7/4 7:30-8:30 a.m. Fourth of July Yoga at Lakewood Park (all studio classes canceled)

Thursday 7/4 9:30-10:30 a.m. Fourth of July Yoga at Rocky River Park (all studio classes canceled)

Monday 9/2 9:30-10:30 a.m. Labor Day Yoga at Rocky River Park (all studio classes canceled)

### **CO-SPONSORED OUTDOORS**

***Free to enroll. Free to attend with cash/check donations welcomed. No rain site. Pre-registration recommended.***

Friday 6/21 6:00-8:00 p.m. City of Lakewood/Pink Lotus at Lakewood Park's Summer Solstice Celebration

Tuesday 7/23 6:00-7:00 p.m. City of Lakewood's Programs in the Parks Pilot Project (Madison Park)

Thursday 7/25 6:00-7:00 p.m. City of Lakewood's Programs in the Parks Pilot Project (Kauffman Park)

Sunday 7/28 times TBD. City of Lakewood's Programs in the Parks Pilot Project (Lakewood Park)

Sundays in August 8:15-9:15 a.m. Lakewood Alive/Pink Lotus at Kauffman Park