

Pink Lotus Yoga

July Schedule: Zoom/Outdoor/YMCA

www.pinklotusyoga.com

Monday—no classes

Tuesday 12:00-1:15 p.m. ZOOM Lunchtime Yoga (Hatha/Vinyasa + Yin)

Tuesday 5:30-6:30 p.m. ZOOM Yoga (Yin)

Wednesday 5:00-6:15 p.m. ZOOM Yoga (Gentle+ Guided Relaxation/Nidra)

Thursday 10:30-11:15 a.m. YMCA Yoga at the French Creek Y (Gentle)—free for Y members

Thursday 12:00-1:15 p.m. ZOOM Lunchtime Yoga (Hatha/Vinyasa + Yin)

Thursday 6:00-7:30 p.m. ZOOM Yoga (Yin + Restorative)

Friday 7:00-8:00 a.m. OUTDOOR Yoga at Veteran's Memorial Park in Avon Lake—Lake Road at Route 83; July dates: 7/9, 7/30

Friday 4:30-6:00 p.m. ZOOM Yoga (Yin)

Saturday 9:00-10:00 a.m. ZOOM Yoga (Yin)

Saturday 10:30-11:15 a.m. YMCA Yoga at the French Creek Y in Avon (Hatha/Vinyasa)--free for Y members

Sunday 8-9:30 a.m. OUTDOOR Yoga at Kauffman Park (Amrit Sequence)--JOIN US ON JULY 4th (THIS CLASS OFFERS A VIRTUAL OPTION: ATTEND ON ZOOM IF YOU CAN'T MAKE IT IN PERSON)

Sunday 10:15-11:30 a.m. ZOOM Yoga (Yin)

How to register/pay for Zoom classes: No need to register in advance. Using the calendar, click on the Zoom class you want to take. You'll find the Zoom link and a link to purchase a single class ticket. Payment: \$8 single class session or use your Pink Lotus membership (\$50/month)—contact me at 216-632-0816 for membership info.

How to register/pay for Outdoor classes: No need to register in advance. Using the calendar, click on the class you want to attend and get the address and class details. You'll register/sign-in when you arrive. Payment is cash/check freewill amount when you arrive **OR** you'll find a link in the class description if you want to pay in advance online. All outdoor classes that I teach are free for Pink Lotus members. When an outdoor class is canceled due to bad weather, I'll post at my and the Pink Lotus Yoga Facebook Pages and send an email when time allows.

How to register/pay for YMCA classes: No need to register. Free for YMCA members. Ask the front desk for room location when you check in.

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