

## Online Schedule Effective Monday, March 23



MONDAY		
8:30 AM	Yoga Therapeutics: Back, Hips, Knees, Shoulders, Neck & Balance	Pauline Zweck
10:00 AM	Chair Yoga Therapeutics	Pauline Zweck
11:00AM	Surviving & Thriving - Therapeutic Yoga for Breast Cancer Patients begins 3/30	H Van Dalfsen
12:00 PM	Mantra + iRest® Yoga Nidra Meditation	Jay Coldwell
5:15 PM	Yoga Therapeutics: Back, Hips, Knees, Shoulders, Neck & Better Sleep	H Van Dalfsen
6:30 PM	Mindfulness Meditation Apr 5 - May 11	S Weinschenk
TUESDAY		
9:00 AM	Gentle Yoga: Beginners & Beyond	Renee Peterson
5:30 PM	Prenatal Yoga	Renee Peterson
5:30 PM	Yoga for Beginners & Beyond	Pauline Zweck
7:00 PM	Yoga for Anxious and Stressful Times 4-week series March 24 - April 14	Mary Hilliker
WEDNESDAY		
8:30 AM	Yoga Therapeutics: Back, Hips, Knees, Shoulders + Balance Practice & Inner Calm	H Van Dalfsen
12:15-1:00	Lunch Express For Desk Dwellers, Care-Givers and Quarantined - Peaceful Warriors!	H Van Dalfsen
5:30 PM	Yoga Practice, Not Yoga Perfect	Bill Miller
7:00 PM	Feldenkrais: Awareness Through Movement	Bette Stephens
THURSDAY		
9:00 AM	Gentle Yoga: Beginners & Beyond	Pauline Zweck
11:30 AM	Feldenkrais: Awareness Through Movement	Bette Stephens
1:00 PM	Senior Yoga Chair Therapeutics	Karey Krampota
5:30 PM	Yoga for Stress Relief and Centering	Mary Kluz
7:00 PM	Mantra + iRest® Yoga Nidra Meditation	Jay Coldwell
FRIDAY		
8:30 AM	Yoga-Infused Strength Training	Bill Miller
10:30 AM	Little Yogi & Me: Yoga for Kids Age 1-5 and their Caregivers 45 minute Class	Peterson/Krampota
12:00 PM	Yoga for Anxious and Stressful Times 4-week series March 20 - April 10	Mary Hilliker
5:00 PM	Yoga to Burn the Stress Away	Mary Kluz
SATURDAY		
9:00 AM	Awakening Flow: Strength, Balance, Intention. Begins Online March 28	H Van Dalfsen
10:30 AM	Yoga for Stress Management + Health Back, Neck & Shoulders, Begins Online 3/28	H Van Dalfsen
	Yoga Therapeutics: Structural Focus	
	Stress Reduction Focus	
	Strength Training	
	Meditation	