



Yoga Energy LV Studio

Schedule Effective March 1st, 2019

Monday

9:00 – 10:00 am	Stretch & Flow Yoga w/ Sound Healing Savasana	<u>Cynthia Eaton</u> All levels
3:30 – 4:30 pm	Beginner Yoga (Basics w/ detailed instruction)	<u>Eva Hallbeck</u> Level 1
6:30 – 7:30 pm	Vinyasa Yoga (Energetic class)	<u>Robert Baker</u> Levels 2/3

Tuesday

10:45 – 11:45 am	Gentle Yoga (Laying/sitting on the mat)	<u>Nav Dhillon</u> All Levels & Seniors
1:30 – 2:30 pm	Reiki Meditation (Relaxation & Reiki, <i>\$5 Cash Drop-in Members & Non-Members</i>)	<u>Kari Whiteaker</u> All levels
6:15 – 7:15 pm	Hatha Yoga (Traditional Yoga Postures)	<u>Nita Andrieu</u> All levels
7:30 – 8:30 pm	Restorative Yoga (Relaxation Class)	<u>Nita Andrieu</u> All levels

Wednesday

8:45 – 9:45 am	Stretch & Flow Yoga w/ Sound Healing Savasana	<u>Cynthia Eaton</u> All levels
10:00 – 11:00 am	Yin Yoga w/ Chakra Meditation	<u>Cynthia Eaton</u> All levels
5:45 – 6:45 pm	Vinyasa Yoga (Revitalizing class)	<u>Nancy Damar</u> All Levels
7:00 – 8:00 pm	Candlelight Yin Yoga (Held poses in soothing atmosphere)	<u>Nancy Damar</u> All Levels

Thursday

10:45 – 11:45 am	Gentle Yoga (Laying/sitting on the mat)	<u>Nav Dhillon</u> All Levels & Seniors
6:15 – 7:15 pm	Vinyasa Yoga (Energetic class w/guided Savasana)	<u>Hayley Tope</u> All levels
7:30 – 8:30 pm	Yin Yoga (Holding poses longer to release fascia)	<u>Hayley Tope</u> Levels 1/2

Friday

9:00 – 10:00 am	Hatha Yoga (Traditional Yoga Postures)	<u>Nita Andrieu</u> All levels
11am – 12:15 pm	Meditative Yin (Held poses w/ focus, <i>\$5 Cash Drop-in Members & Non-Members</i>)	<u>Kari Whiteaker</u> All levels

Saturday

8:30 – 9:30 am	Beginner's Yoga (Basics w/ detailed instruction)	<u>Kim Seifert</u> Beginners
10:30 – 11:30 am	Slow Vinyasa Yoga (Challenging themed class)	<u>Heather Fairman</u> Levels 2/3

Sunday

11:00am – 12:00pm	Vinyasa Yoga (Energizing class)	<u>Billie Jones</u> All Levels
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Visit us @: www.yogaenergylv.com

- ✦ Reserve and Purchase classes online
- ✦ Information on classes and upcoming workshops
- ✦ Learn more about our teachers
- ✦ Private Reiki Energy Sessions