

# — YOGA SCHEDULE —

**Monday** **Yoga & Sound Bath**  
w/ Dandilion  
12-1 p.m.

**Tuesday** **Stretch & Meditate**  
w/ Stephanie  
9-10 a.m.

**Slow Flow**  
w/ Carole  
10:30-11:30 a.m.

**Gentle Yoga**  
w/ Paula  
5:15-6:15 p.m.

**Wednesday** **Yoga for Well-Being**  
w/ Carole  
10:30-11:30 a.m.

**Yoga & Sound Bath**  
w/ Dandilion  
12-1 p.m.

**Yoga & Sound Bath**  
w/ Dandilion  
5:45-6:45 p.m.

**Thursday** **Stretch & Meditate**  
w/ Stephanie  
9-10 a.m.

**Slow Flow**  
w/ Carole  
10:30-11:30 a.m.

**Chair Yoga**  
w/ Lauren  
12-12:45 p.m.

**Friday** No classes

**Saturday** **Weekend Flow**  
w/ Lauren & Tracy  
8-9 a.m.

