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| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 7-8am **Donation based Sadahana** w/Dasa Das **(in studio & online)** |  |  | Yoga Teacher Training 8-5pm |
|  |  | 8:30-9:30am  **Root & Activate (Kundalini)**  w/ Dasa Das  **(in studio & online)** |  |  |  |  |
| 10:30-11:30am- **Level 1 Slow Flow w/Jess (in studio & online)** | 10:30-11:30am Mindful Movement w/Jenny (i**n studio & online)** |  | 10:30-11:30am **Flow Level 1** w/Amanda **(in studio & online)** |  | 10:30-11:30am  **Yin Yoga** **Level 1** w/Jenny  **(in studio & online)** |  |
| 12-1pm (bi-monthly) **Prenatal Yoga** w/Mara **(in studio & online)** |  |  |  | 5:30-6:30pm  **Root & Activate (Kundalini)**  w/ Dasa Das  **(in studio & online)** |  |  |
| 4:30-5:30pm Restore & Recharge L1 w/Sara (i**n studio & online)** |  | 6:30-7:30pm  **Heal & Restore**  w/ Dasa Das  **(in studio & online)** | 5-10pm  Yoga Teacher Training |  |  |  |

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