

Winter Yoga 2018

| MON | TUES | WED | THURS | FRI | SAT | SUN |
|---|--|---|---------------------------------------|--|--|---|
| Hot Power Yoga 9:30am Michelle | Hot Power Yoga 8:00am Sue | | Hot 26 6:30am Diana | | Yoga + Meditation (75 min.) 8am Damian | Hot Power Yoga 8:30am Michelle |
| Yoga 10:45am (45min.) Michelle | Yoga 9:30am Lauren | Hot Power Yoga 9am Sue | Hot Power Yoga 9:30am Jaclyn | Yoga 9:30am Yin | Hot Power Yoga 9:30am Michelle | Yoga + Meditation (75 min.) 10am Damian |
| | | | | Hot 26 5:30pm Diana | | |
| Yoga 4:30pm Yin | Hot 26 (60min.) 6:15pm Diana | Hot Power Yoga 5:30pm Michelle | Hot Power Yoga 4:30pm Leigh | Yoga 6:30pm Jaclyn | | <i>Teacher Training begins Jan. 13th</i> |
| Hot Power Yoga 7:00pm Jaclyn | Hot Power Yoga 7:30pm Vanessa | Yoga 7pm Yin | Hot 26 (60min.) 7:30pm Diana | <i>Couples Yoga</i> <i>Reiki Circle</i> <i>Meditation</i> <i>Community Seva</i> | | See Spa 23 app, website or bulletin board for workshop details. |

YOGA

A meditative class with sun salutes, postures and breathing practice in a non-heated studio.

Hot Power Yoga

A power hour of yoga with traditional poses, inversions and arm balancing in 95 degrees

Hot 26

A set of 26 postures (original practice designed by Bikram) in 105 degree room

