

*Starting March 1st, Winter Yoga

2018

MON	TUES	WED	THURS	FRI	SAT	SUN
Hot Power Yoga 9:30am Ina	Hot Power Yoga 8:00am Sue		Hot 26 6:30am Diana		Yoga + Meditation (75 min.) 8am Damian	Hot Power Yoga 8:30am Jacklyn
Yoga 11:00am Ina	Yoga 9:30am Lauren	Hot Power Yoga 9am Sue	Hot Power Yoga 9:30am Kylie	Yoga 9:30am Yin	Hot Power Yoga 9:30am Sue	Yoga + Meditation (75 min.) 10am Damian
				Hot 26 5:15pm Diana		
Yoga 4:30pm Yin	Hot 26 (60min.) 6:00pm Diana	Hot Power Yoga 5:30pm Sue	Hot Power Yoga 4:30pm Leigh	Yoga 6:30pm Jacklyn		<i>Teacher Training begins Jan. 13th</i>
Hot Power Yoga 7:00pm Jacklyn	Hot Power Yoga 7:30pm Vanessa	Yoga 7pm Yin	Hot 26 (60min.) 7:30pm Diana	Couples Yoga Reiki Circle Meditation Community Seva		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

