

# FEBRUARY

Saturday	8:00 am	Power Flow & Stretch	Lance
Saturday	9:15 am	Naam Yoga	Nicole
Saturday	10:30 am	Guided Meditation	Chery
Saturday	11:45 pm	Stretch, Restorative Yoga	Diana
Monday	9:30 am	Naam 5 for Radiant Health 75 min.	Vickie
Monday	11:00 am	Yin Yoga	Diana
Monday	12:15 pm	Strength Yoga 75 min.	Deborah JOYa
Tuesday	9:15 am	Series to Learn: Tai Chi Chih Advanced*	Linda
Tuesday	1:00 pm	Mini Retreat * Feb. 11&25 goes thru March	Deborah Joya
Tuesday	2:00 pm	2 hours Specialty Class * Feb. 4 & 18 goes thru March	Deborah & Thomas
Wednesday	8:00 am	Power Flow & Stretch	Lance
Wednesday	9:15 am	Naam Yoga	Nicole
Wednesday	10:30 am	Align Yin/Restorative Yoga	Nicole
Wednesday	12:00 am	Series to Learn: Tai Chi Chih Beginner*	Linda
Thursday	2:15 pm	Guided Meditation	Chery
Thursday	3:30 pm	Healthy Motion Yoga	Deb
Thursday	6:00 pm	Stretch, Restorative Yoga *2/20 starts	Diana
Friday	9:15 am	Series to Learn: Tai Chi Chih Advanced*	Linda
Friday	10:45 am	Foundation Fridays	Lance
Friday	12:00 pm	Series to Learn Tai Chi Chih Beginner*	Linda