

Yoga Garden Class Schedule

Session One: Monday November 14 - Sunday December 25, 2022

Monday

9:30-10:30 Yoga Basics Plus with Jackie (Six week session pre-register and pre-pay. Drop-ins welcome if space is available.)

11-12 noon Therapeutic yoga using chairs/standing/balancing poses with Jackie (Six week session pre-register and pre-pay. Drop-ins welcome if space is available.)

Tuesday

8-9 am Ball Circuit with Sefi (Five week session pre-register and pre-pay beginning November 22. Drop-ins welcome if space is available.)

9:30-10:30 Matwork Pilates Plus with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.)

11-12 noon Tai Chi with Hans (Eight weeks starting December 6, pre-register.)

Wednesday

9:30-10:30 Vinyasa Flow Yoga with Sarah

11-12 noon Gentle Yoga for Beginners and 55+ with Jackie

Thursday

9:30-10:30 Yoga Basics Plus with Jackie

Friday

8-9 Ball Circuit with Sefi (five week session pre-register and pre-pay beginning November 25. Drop-ins welcome if space is available.)

9:30-10:30 Matwork Pilates Plus with Sefi (Five week session pre-register and pre-pay beginning November 25. Drop-ins welcome if space is available.)

11-12 noon Gentle Yoga for Beginners and 55+ with Jackie

Saturday

8-9 MIXED BAG–Movement/Qi Gong/Yoga with Jackie (100% donation)

9:30-10:30 Slow Flow Yoga with Megan

12:30-2 pm Singing for Fun with Jeannette

Sunday

9:30-11 Deepening Your Practice–Yin Yoga with Jackie

Students please contact your instructor for more information.