

**Yoga Garden**  
**Current Schedule as of February 27, 2023**

**MONDAY:**

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

**11-12 noon Therapeutic Yoga** using chairs/standing/balancing poses with Jackie

**5:30-7:00 pm Candlelight Restorative Yoga/Sound Healing** with Deborah. (250 pesos per class or 1300 pesos for a six-class punch card.)

**TUESDAY:**

**8-9 Ball Circuit** with Sefi (Five week session pre-register and pre-pay. 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.)

**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. 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 Gentle Yoga for Beginners and 55+** with Jackie

**SATURDAY:**

~~8-9 MIXED BAG Movement/Qi Gong/Yoga with Jackie~~ This class is finished for the season.

**9:30-10:30 Slow Flow Yoga** with Megan (**No class on Saturday, March 4.**)

**12:30-2 Singing for Fun** with Jeannette

**SUNDAY:**

**9:30-11:00 Deepening Your Practice—Yin Yoga /Crystal Bowl Sound Bath** with Jackie

Contact your instructors for further information or to sign up for classes.

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