

**Yoga Garden**  
**Current Schedule as of April 5, 2023**

**MONDAY:**

**9:30-10:30 Yoga Basics Plus** with Jackie. Final class 4/17.

**11-12 noon Therapeutic Yoga** using chairs/standing/balancing poses with Jackie. Final class 4/17.

**TUESDAY:**

**8-9 Ball Circuit** with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.) Final class 4/11.

**9:30-10:30 Matwork Pilates Plus** with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.) Final class 4/11.

**WEDNESDAY:**

**9:30-10:30 Vinyasa Flow Yoga** with Sarah. Final class 4/19.

**11-12 noon Gentle Yoga for Beginners and 55+** with Jackie. Final class 4/19.

**THURSDAY:**

**9:30-10:30 Yoga Basics Plus** with Jackie. Final class 4/20.

**FRIDAY:**

**8-9 Ball Circuit** with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.) Final class 4/14.

**9:30-10:30 Matwork Pilates Plus** with Sefi (Five week session pre-register and pre-pay. Drop-ins welcome if space is available.) Final class 4/14.

**11-12 noon Gentle Yoga for Beginners and 55+** with Jackie. Final class 4/21.

**SATURDAY:**

**9:30-10:30 Saturday Yoga with Sarah.** Final class 4/22.

**SUNDAY:**

**9:30-11:00 Deepening Your Practice–Yin Yoga /Crystal Bowl Sound Bath** with Jackie. Final class 4/16.

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

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