

Donation &
Barter
Options

Weekly Schedule

..It's like a treehouse up in here!

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MON

Anahata Yoga
9:00 ish - 10:00 a.m.
Ruth Bailey

TUE

Anahata Yoga
12:00 - 1:15 p.m.
Ruth Bailey

Yin Yoga
6:00 - 7:00 p.m.
Julie McKeone

WED

Anahata Yoga
5:30 - 6:45 p.m.
Ruth Bailey

THU

Anahata Yoga
12:00 - 1:15 p.m.
Ruth Bailey

FRI

Rest, Relax,
Renew (Nidra)
9:00 ish - 10:00 a.m.
Ruth Bailey
NO 9AM CLASS
ON THE 3RD FRI

SAT

Anahata Yoga
9:00 - 10:15 a.m.
Ruth Bailey

SUN

Hatha for Your
Health
10:30 - 11:30 a.m.
Pat Snook

Check Website for Class Changes - mystudioanahatayoga.com