

Weekly Schedule

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

Donation &
Barter
Options

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MON

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

TUE

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

WED

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

THU

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

FRI

Rest, Relax,
Renew (Nidra)
9:45 ish - 10:45 a.m.
Ruth Bailey
NO CLASS ON
THE 3RD FRI

Kirtan
7 - 8:30 p.m.'ish
Ronald Osborne

SAT

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

SUN

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

Check Website for Class Changes - mystudioyoga.com