

WARRIOR MONK METHOD RECOVERY ROOTED YOGA

MON

Slow Flow Yoga
5:45-6:15am

RestorativeYoga
6:30-8:00pm

WED

Yin Yoga
6:30-7:30pm

SAT

Slow Flow Yoga
9:00-9:30am
Yin Yoga
9:30-10:30am

GREAT COMBO
CLASSES

MORE

Interested in
Something
specific?

Ask me!

EXTRAS

Would you be interested in a
retreat? If so, let me know!

CHANGES

Slow Flow Yoga
15th No class
Yin Yoga
15th No class
Restorative Yoga
No changes