

## Monday

9:30-10:40AM YOGA 1  
5:45-6:50PM MIXED LEVEL YOGA BALANCE  
7:00-8:10PM MIXED LEVEL FLOW- Heated Room

## Tuesday

9:30-10:40AM MIXED LEVEL YOGA BALANCE  
5:45-6:55PM MIXED LEVEL YOGA BALANCE  
7:00-8:00PM BEGINNERS- Series 4/4 - 4/25

## Wednesday

9:30-10:40AM MIXED LEVEL YOGA FLOW  
6:30-7:40PM MIXED LEVEL FLOW - Heated Room

## Thursday

9:30-10:40 AM MIXED LEVEL YOGA BALANCE  
10:45-11:15AM MEDITATION  
6:30-7:40PM MIXED LEVEL YOGA FLOW

## Friday

9:30-10:40M YOGA FLOW 1  
4:30-5:15 PM YOGA FOR KIDS- Series 4/9-5/14  
7:00-8:00 PM COMMUNITY MEDITATION AND SATSANG- First Friday of Month

## Saturday

9:00-10:15AM LEVEL 2 YOGA BALANCE  
10:30-11:40AM YOGA FLOW 1

## Sunday

9:30-10:40AM YOGA 1  
4:00-5:10PM MIXED LEVEL YOGA BALANCE

## Class Descriptions

**YOGA 1** - This yoga class is appropriate for beginners but open to all levels of students. Class moves at a moderate tempo allowing time for modifications and to focus on alignment.

**YOGA BALANCE CLASSES** - This class provides intelligently sequenced yoga postures, spiritual discourse, breath work and meditation that are intended to promote balance and well being on your yoga path for self realization. Modifications and variations will be provided in all class levels.

**Level 1** - Beginner/Intermediate **Level 2** - Intermediate **Master Class** - Advanced

**YOGA FLOW** - This class provides the opportunity to connect with breath and movement in a flow of postures intended to help build connections and grace along your yoga path. Modifications and variations will be provided in all class levels.

**Level 1** - Beginner/Intermediate **Level 2** - Intermediate/Advanced

## Suggested Donations- Thank You!

Drop in **\$15** One Month Unlimited **\$120** Three Month Unlimited **\$270**



**972-832-5864**  
[www.yogabalancestudio.com](http://www.yogabalancestudio.com)