

# September Schedule

Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	Rise and Shine Yoga	Bilingual Rising Flow	Gentle Yoga	Power Vinyasa			
6:45am		Restorative and Reiki		Gentle Yoga		Gentle Yoga	
8:30am				Vin/Yin		Align and Flow	Gentle Yoga (for pre/post natal too!)
9:00am							
9:45am				Adaptive Yoga			
10:00am				Gentle Yoga (for pre/post natal too!)			
10:30am	Gentle Hips and Shoulders		Yoga Nidra		Restorative and Reiki		Vinyasa
5:00pm (30 mins)		Power Flow		Balance and Stretch		Yin	
5:45pm				Vin, Yin, Nidra			
6:00pm	Flow and Restore	Yin and Reiki	Heated Vin/Yin				
7:00pm							Flow to Restore
7:30pm	Yin	Yoga Nidra	Vinyasa	Reiki and Restorative Sound Healing			