



May
2017

Group Yoga

provided
by:

YOGA *mindset* 

VOTED TRIAD'S BEST YOGA STUDIO 2014 AND 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No Class	2 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	3 No Class	4 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)	5 No Class	6 9:15 AM – 10:15 AM Yoga Foundations (Rob)
7 No Class	8 No Class	9 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	10 No Class	11 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)	12 No Class	13 9:15 AM – 10:15 AM Yoga Foundations (Rob)
14 No Class	15 No Class	16 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	17 No Class	18 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)	19 No Class	20 NO CLASS Y does not open till 9:30am
21 No Class	22 No Class	23 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	24 No Class	25 5:45 AM – 6:45 AM All Levels (Rob) 6:00 PM – 7:00 PM All Levels (Jacqueline)	26 No Class	27 9:15 AM – 10:15 AM Yoga Foundations (Muriel)
28 No Class	29 No Class	30 5:45 AM – 6:45 AM All Levels (Rob) 1:15 PM– 2:15 PM Senior Chair Yoga (Jacqueline) 7:00 PM – 8:00 PM All Levels (Rob)	31 No Class			

Our mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Yoga Foundations on Saturday mornings will cover alignment principles and foundations so the student gets to know their own personal body, and how it moves through the physical yoga postures. Students will be given one on one attention and hands on adjustments to learn proper alignment of the postures. Connection to the breath within each pose will be acknowledged and embraced. No previous experience necessary.