

CLASS CHANGES AT CHILL YOGA

CANCELLATIONS:

8/22/18 5:30PM Yin Yoga & Meditation
8/19/18 10:00 AM Mindful Yoga
8/19/18 6:00 PM Yin Yoga & Meditation
8/21/18 6:30 PM Resistance Stretch
8/22/18 2:00 PM Resistance Stretch
8/22/16 5:30 PM Yin Yoga & Meditation
8/23/18 5:15 PM Ashtanga Fundamentals I
8/23/18 6:30 PM Ashtanga Fundamentals II
8/23/18 7:30 AM Resistance Stretch
8/27/18 10:00 AM Mindful Yoga
8/27/18 6:00 PM Yin Yoga & Meditation
8/30/18 5:30 PM Yin Yoga & Meditation
9/1/18 8:30 AM Ashtanga Led Primary
9/2/18 10:00 AM Mindful Yoga
9/2/18 6:00 PM Yin Yoga & Meditation
9/5/18 3:45 PM Color Me Yoga for Kids

NEW CLASSES COMING
SLOW FLOW YOGA WITH
RACHEL LOWE. MORE
RESISTANCE STRETCH.
FALL SCHEDULE:



Chill Yoga