

MONDAY

8:00-9:00 AM
Slow Flow w/ Jill

9:30-11:00 AM
Ropes Wall Yoga
w/ Jen C.

10:00-11:00 AM
Yoga for 50+ w/ Jill

12:10-1:00 PM
Power Lunch w/ Jill

4:45-5:45 PM
Yin Yoga w/ Emily H.

5:15-6:15 PM
Yoga Basics
w/ Claire

6:15-7:30 PM
Hot Power Flow
w/ Jessica B. ♥

6:30-7:30 PM
Slow Flow
w/ Katey ♥

7:45-8:45 PM
Alignment Yoga
w/ Emily P. ♥

7:45-8:45 PM
Restorative Yoga
w/ Carol Ann ♥

TUESDAY

6:30-7:30 AM
Power Flow w/ Allison

9:30-10:30 AM
Yoga Basics w/ Jill

10:00-11:00 AM
Pilates w/ Rose

12:10-1:00 PM
Slow Flow Lunch
w/ Suzanne

5:15-6:15 PM
Yin Yoga w/ Laura

6:00-7:30 PM
Alignment Yoga
w/ Judson

6:00-7:30 PM
Practicing the Four Noble
Truths: Meditation Series
w/ John [6/18-7/9] ♥

6:30-7:45 PM
Hot Power Flow w/ Kim

7:45-8:45 PM
Slow Flow w/ Cheryl ♥

8:00-9:00 PM
Restorative Yoga
w/ Shelagh ♥

WEDNESDAY

8:00-9:00 AM
Slow Flow w/ Jill

9:00-10:15 AM
Warm Power Flow
w/ Jen C.

10:45-11:45 AM
Ropes Wall Basics
w/ Jen C.

12:10-1:00 PM
Power Lunch
w/ Jill

5:15-6:15 PM
Power Flow
w/ Amanda

6:00-7:30 PM
Yin Yoga w/ Jen C.

6:30-7:30 PM
Yoga Basics w/ Kim

7:45-9:00 PM
Slow Flow
w/ Amberly ♥

7:45-9:00 PM
Power Flow
w/ Kristina ♥

THURSDAY

6:30-7:30 AM
Power Flow w/ Allison

9:00-10:15 AM
Yoga with Wheels
w/ Jen C.

10:00-11:00 AM
Yoga for 50+ w/ Jill

11:00-11:45 AM
Yoga Nidra w/ Jill
LAST THURSDAY ONLY

12:10-1:00 PM
Alignment Lunch
w/ Veronica

5:15-6:15 PM
Ropes Wall Basics
w/ Jen C.

6:00-7:30 PM
Slow Flow w/ Ben ♥

6:30-8:00 PM
Alignment Yoga w/ Kim

7:45-9:00 PM
Hot Power Flow
w/ Jessica B. ♥

FRIDAY

9:30-10:30 AM
Yoga Basics
w/ Suzanne

10:00-11:00 AM
Pilates w/ Rose

12:10-1:00 PM
Slow Flow Lunch
w/ Amberly

5:15-6:15 PM
Yin Yoga
w/ Lauren ♥

6:00-7:30 PM
Alignment Yoga
w/ Judson ♥

SATURDAY

9:00-10:30 AM
Yin Yoga w/ Jen C.

10:45 AM-12:00 PM
Hot Power Flow
w/ Katey



online at:
**GLOWING
BODY.NET**

SUNDAY

10:00-11:15 AM
Hot Power Flow
w/ Jessica B. ♥

11:30-12:45
Body Love Yoga
w/ Kristen ♥

1:00-2:15 PM
Slow Flow
w/ Jessica D.C. ♥

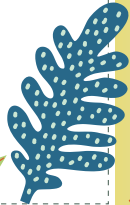
3:00-4:15 PM
Intro to Power Flow
w/ Cheryl ♥

5:00-6:15 PM
Alignment Yoga
w/ Nora ♥

**COLOR-CODED
CLASSES:**
Gray text=CLASS
Green text=SERIES

♥ KARMA CLASSES
Donation-based classes

JUNE 2019



JUNE 2019

Workshops

Mat Time with Kim Lomonaco
Sunday, June 9th, 9-11:30am

Deep Rest: Restorative Yoga Workshop with Siobhan McAuley
Saturday, June 15th, 2-4pm
Limit 10 Students

Bend & Bliss: Yin Yoga and Massage with Jen Beyt Coffin, Kelly Scott and Kim Lomonaco
Friday, June 21st, 6:30-8:30pm

Roll with Me: Self Care Therapy Ball Workshop with Jessica Dalton Carriger
Saturday, June 22nd, 10-11:30am

Leverage Matters with Jen Beyt Coffin
Sunday, June 23rd, 9am-12pm

Hands on Skills for Yoga Teachers with Kim Lomonaco
Sunday, June 30th, 9am-12pm
Limit 10 Students

Series

Practicing the Four Noble Truths: Meditation Series with John Blackburn
Tuesdays, June 18th-July 9th, 6-7:30pm

Healing Arts Education

Using Your Feet: Thai Yoga Massage Continuing Education with Kelly Scott
Saturday & Sunday, July 13th & 14th, 9am-5:30pm

Massage Discounts for Fathers's Day!

\$10 off 60 minutes
\$15 off 90 minutes
Gift Certificates Available

Buy A Class Pass and Save!

5 Classes - \$75 + tax
10 Classes - \$140 + tax
25 Classes - \$300 + tax

Other Options

Karma Classes by Donation
Early Morning and Lunch Classes - \$10 Drop In Rates



THE GLOWING BODY

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