

breathe. yoga studio

Day	Time	Class	Description
Mon	10-11 am	Yoga	Traditional Hatha Yoga class. All levels welcome.
Mon	6:30-7:30pm	Yin Yoga	Long-held, passive poses that mainly work the lower body
Tue	6:30-7:30pm	Yoga	Traditional Hatha Yoga class. All levels welcome.
Wed	11:30am-12:30pm	Yoga	Vinyasa class
Wed	3:30-4:30pm	Yoga	Gentle Yoga class
Thurs	10-11 am	Yin Yoga	Long-held, passive poses that mainly work the lower body
Thurs	6:30-7:30 pm	Yoga	Traditional Hatha Yoga class. All levels welcome.
Fri	10-11 am	Yoga	Relaxing/restorative class with simple, gentle asanas (poses).
Sat	9-10 am	Hatha /Outdoor Yoga	Traditional Hatha Yoga class. All levels welcome. (outdoor as weather permits)
Sat	10:15-11:15am	PreNatal Yoga	Prenatal yoga. Helps energize and relax moms-to-be
Sun	10-11 am	Yoga for All	Traditional Hatha Yoga class. All levels welcome.

Schedule subject to change

404-673-0415

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