

## Monday

- Morning Yoga (all levels)  
9:00am
- Beginners Yoga  
5:30pm
- Ashtanga Vinyasa (all levels)  
7:00pm

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## Tuesday

- Morning Yoga (all levels)  
11:30am
- Beginners Yoga  
5:30pm
- Hatha Yoga (all levels)  
6:30pm
- Chinese Energy Exercises  
7:30pm

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## Wednesday

- Morning Yoga (all levels)  
9:00am
- Hatha Yoga (all levels)  
6:30pm
- Law of Attraction Meditation  
8:30pm



## Thursday

- Morning Yoga (all levels)  
9:00am
  - Active & Passive Chakra Meditation  
6:30pm
  - Hatha Yoga (all levels)  
7:30pm
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## Friday

- Morning Yoga (all levels)  
9:00am
  - Hatha Yoga (all levels)  
7:00pm
  - Chakras Meditation  
8:30pm
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## Saturday

- Healing All Chakras Workshop w/Mohamad  
10:00am till 4:00pm
- Hatha Yoga (all levels)  
12:00pm

