

Drift Yoga

864-414-2388

www.driftgreenville.com

2023

September

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11 9a Power & Peace 10:30a Creative Strength & Stretch 12:15p Release and Restore	12 9a Strengthen & Stretch 12:15 Yoga 101 5:30 Deep Relaxation 7p Immersive Sound Bath	13 9a Mantra Meditation 12:15 Breathwork 5:30 Kundalini	14 9a Yoga 101 10:15 Practice for Self Healing and Stress Management 12:15 Strengthen & Stretch 4:15 Yoga 101 5:30 Ashtanga	15 9a Yoga 101 12:15 Grief Support 4:15p Kundalini Pranayama Breathwork 5:30 Kundalini	16 9a Kundalini 10:15 Kundalini 12:15 Kundalini	17 12:15 Muscle Recovery 2:15 Family Yoga 4:15 Release and Restore
18 9a Power & Peace 10:30a Creative Strength & Stretch 12:15p Release and Restore	19 9a Strengthen & Stretch 12:15 Yoga 101 5:30 Deep Relaxation 7p Immersive Sound Bath	20 9a Mantra Meditation 12:15 Pranayama Breathwork	21 9a Yoga 101 10:30 Practice for Self Healing and Stress Management 12:15 Strengthen & Stretch 4:15 Yoga 101 5:30 Strength & Stability/Ashtanga	22 9a Yoga 101 12:15 Grief Support 4:15p Kundalini Pranayama Breathwork 5:30 Kundalini	23 10:30 Family Yoga & Mindfulness 12:15 Yoga 101 2:15 Strengthen & Stretch	24 12:15 Muscle Recovery 2:15 Family Mindfulness
25 9a Power & Peace 10:30a Creative Strength & Stretch 12:15p Release and Restore	26 9a Strengthen & Stretch 12:15 Yoga 101 5:30 Deep Relaxation 7p Immersive Sound Bath	27 9a Mantra Meditation 12:15 Pranayama Breathwork	28 9a Yoga 101 10:30 Practice for Self Healing and Stress Management 12:15 Strengthen & Stretch 4:15 Yoga 101	29 9a Yoga 101 12:15 Grief Support 4:15p Kundalini Pranayama Breathwork 5:30 Kundalini	30 9:00 Kundalini Yoga 10:15 Kundalini Yoga 12:30 Kundalini Yoga	Ask about our 3 Month FOUNDERS YOGA PACKAGE

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