

Yoga Schedule

breathe.

March 2024

Monday	Release & Restore	12:15pm
Wednesday	Pranayam Kundalini Kundalini	9:00am 12:15pm 6:30pm
Thursday	Sound Bath	7:00pm
<small>*No Class on March 21</small>		
Sunday	Rest & Reset	4:15pm

***All classes are donation based**

