



www.tovamiyoga.com  
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# tovamiYoga

bring your life, gain your peace

112 West Boston Post Rd., Mamaroneck, NY 10543  
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Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am (1 hour)			Danielle <b>Rise &amp; Shine Flow</b> Open Level				
8:00 am						7:45-9:15 Tobi <b>Ashtanga Inspired Vinyasa</b> Level 2	Allison <b>Gentle/Yin Yoga*</b> Open Level
9:00 am						Class is inside at 9:30 when raining. Check website and email	Tobi <b>Yoga at Harbor Beach</b> (Open Level) <b>Starts June 3rd</b>
9:30 am	Stephanie <b>Gentle Yoga*</b> Level 1	Shari <b>Deep Flow Vinyasa</b> Level 2	Liz <b>Vinyasa Flow*</b> Level 1	Tobi <b>Mindful Vinyasa Flow</b> Level 2	Caroline <b>ISHTA Yoga</b> Level 2	Franklin <b>Kripalu Yoga*</b> Open Level	Shari <b>Power Yoga</b> Level 2/3
11:00 am	Kat <b>Vinyasa Flow</b> Level 2	TBA <b>Yin Yoga*</b> Open Level		Liz <b>Vinyasa Flow</b> Level 1/2	Stephanie <b>Gentle/Kripalu Style Yoga*</b> Open Level		11:15-12:30 Darcy/Patty <b>Restorative Yoga*</b> Open Level
11:30am			Denise <b>Vinyasa w/Alignment</b> Open Level			Kat <b>Vinyasa Flow</b> Level 2/3	
12:30 (1 hour)		Danielle <b>Lunch Express Yoga</b> Open Level		Lissa <b>Lunch Express Yoga</b> Open Level	Denise <b>Lunch Express Yoga</b> Open Level		
1:30 pm							Carl <b>Progressive Open Flow</b> Level 2
4:00 pm				Sue <b>Yoga for the Young Yogi</b> (ages 4-7)	Sue <b>Yoga for Teens &amp; Tweens</b> (Ages 11+)		
5:00pm				Monique <b>Yoga &amp; Creative Expression</b> (Ages 8-10)			
4:30 pm	Shari <b>Deep, Slow Flow Vinyasa</b> Open Level		4:15-5:30 Stephanie <b>Gentle/Kripalu Style Yoga*</b> Level 1				
6:00 pm	6:15-7:15 Franklin <b>Kripalu Vinyasa*</b> Open Level	Sara <b>Practice &amp; Surrender</b> Open Level	Jillian <b>Yoga at Harbor Beach Flow &amp; Form*</b> Open Level <b>Starts June 6th</b>	Class is inside at 6:00pm when raining. Check website and email	6:30-7:45 Dee <b>Slow Flow Yoga</b> Open Level		6:30-7:15 J.R. <b>Meditation: The Art of Mindfulness*</b> Open Level (45 min)
7:30 pm	Allison <b>Candlelight Restorative*</b> Open Level	Liz/Dee <b>Meditation for Modern Peeps*</b> (45min) Open Level	Carl <b>Vinyasa Flow</b> Level 2/3	Caroline <b>Meditation*</b> (50min) Open Level	8:00-9:00 Michelle <b>Soulful Candlelight Yoga*</b> Open Level	<b>*Classes with an asterisk are appropriate for beginner students</b>	

