



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 Rise & Shine Flow Open Level				
8:00 am						7:45-9:15 Tobi Ashtanga Inspired Vinyasa Level 2	Allison Gentle/Yin Yoga* Open Level
9:00 am						Class is inside at 9:30 when raining. Check website and email	Tobi (and others) Yoga at Harbor Beach (Open Level)
9:30 am	Stephanie Gentle Yoga* Level 1	Shari Deep Flow Vinyasa Level 2	Liz Vinyasa Flow* Level 1	Tobi Mindful Vinyasa Flow Level 2	Caroline ISHTA Yoga Level 2	Franklin Kripalu Yoga* Open Level	Shari Power Yoga Level 2/3
11:00 am	Kat Vinyasa Flow Level 2	Naomi (summer) Yin Yoga* Open Level	Denise Vinyasa w/Alignment Open Level	Liz Vinyasa Flow Level 1/2	Stephanie Gentle/Kripalu Style Yoga* Open Level		11:15-12:30 Darcy/Patty Restorative Yoga* Open Level
11:30am						Kat Vinyasa Flow Level 2/3	
12:30 (1 hour)		Danielle Lunch Express Yoga Open Level			Denise Lunch Express Yoga Open Level		
1:30 pm							Carl Progressive Open Flow Level 2
3:30 pm							
4:30 pm	Shari Deep, Slow Flow Vinyasa Open Level		4:15-5:30 Stephanie Gentle/Kripalu Style Yoga* Level 1				
6:00 pm	6:15-7:15 Franklin Kripalu Vinyasa* Open Level	Sara Practice & Surrender Open Level	Jillian Yoga at Harbor Beach Flow & Form* <i>check schedule for changes on rain days</i>	Caroline ISHTA Yoga Level 2	6:30-7:45 Michelle Soulful Yoga Flow Open Level	*Schedule will change slightly for August-Labor Day ALWAYS CHECK ONLINE FOR SCHEDULE UPDATES	
7:30 pm	Allison Candlelight Restorative* Open Level	Liz Meditation for Modern Peeps* (45min) Open Level	Carl Candlelight Vinyasa Flow w/Guitar Level 2/3	Caroline Meditation* (50min) Open Level		*Classes with an asterisk are appropriate for beginner students	

