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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)			Shari/Danielle <b>Rise &amp; Shine Flow</b> Open Level				
8:00 am						<b>*7:45-9:15</b> Tobi <b>Ashtanga Inspired Vinyasa</b> Level 2	Allison <b>Gentle/Yin Yoga*</b> Open Level
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	Patty <b>Mindful Yoga Flow</b> Open Level	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	Brigit <b>Core Vinyasa Flow</b> Open Level		Liz <b>Vinyasa Flow</b> Level 1/2	Stephanie <b>Gentle/Kripalu Style Yoga*</b> Open Level		Darcy/Patty <b>Restorative Yoga*</b> Open Level
11:30am New Time			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		Brigit <b>Lunch Express Yoga</b> Open Level	Denise <b>Lunch Express Yoga</b> Open Level		
1:00pm New Time						<b>2/10, 3/10, 3/24, 4/21, 5/12</b> <b>Community Class</b> (Check online/donation)	
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		<b>4:15-5:30</b> Stephanie <b>Gentle/Kripalu Style Yoga*</b> Level 1				
6:00 pm	<b>6:15-7:15</b> Franklin <b>Kripalu Vinyasa*</b> Open Level	Sara <b>Practice &amp; Surrender</b> Open Level	Judi <b>Flow &amp; From Lvl 1 Plus*</b> Open Level	Caroline <b>ISHTA Yoga</b> Level 2	<b>6:30-7:45</b> Dee <b>Slow Flow Yoga</b> Open Level		<b>6:30-7:30</b> J.R. <b>Meditation: The Art of Mindfulness*</b> Open Level
7:30 pm	Allison <b>Candlelight Restorative*</b> Open Level	Dee <b>Meditation for Modern Peeps*</b> Open Level	Carl <b>Vinyasa Flow</b> Level 2/3	Caroline <b>Meditation*</b> Open Level	<b>8:00-9:00</b> Michelle <b>Soulful Candlelight Yoga*</b> Open Level		<b>*these classes are appropriate for beginners</b>

