



www.tovamiyoga.com
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tovamiyoga
BRING YOUR LIFE, GAIN YOUR PEACE

112 West Boston Post Rd
Mamaroneck, NY 10543

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am (1 hour)			Shari Rise & Shine Flow Open Level				
8:00 am						Tobi Ashtanga Inspired Vinyasa Level 2	Allison Gentle/Yin Yoga* Open Level
9:30 am	Deborah Gentle Yoga* Level 1	Shari Deep Flow Vinyasa Level 2	Liz Vinyasa Flow* Level 1	Patty Mindful Yoga Flow Open Level	Caroline ISHTA Yoga Level 2	Franklin Kripalu Yoga* Open Level	Shari Power Yoga Level 2/3
11:00 am	Kat Vinyasa Flow Level 2	Brigit Core Vinyasa Flow Open Level		Liz Vinyasa Flow Level 1/2	Giovanna Pilates Fusion Open Level		Darcy/Patty Restorative Yoga* Open Level
11:30am New Time			Denise Vinyasa w/Alignment Open Level			Kat Vinyasa Flow Open Level	
12:30 (1 hour)		Laurie Slow Steady, Lunch Express Open Level		Laurie Slow, Steady, Lunch Express Open Level			
1:00pm New Time						12/16, 1/13, 2/10, 3/10, 3/24, 4/21, 5/12 Community Class Check online for details (donation based)	
1:30 pm							Carl Progressive Open Flow Level 2
4:00 pm				Sue Yoga for the Young Yogi (ages 4-7)	Sue Yoga for Teens & Tweens (Ages 11+)		
5:00pm				Robin Yoga & Creative Expression (Ages 8-10)			
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	Judi Flow & From Lvl 1 Plus* Open Level	Caroline ISHTA Yoga Level 2	6:30-7:45 Dee Slow Flow Yoga Open Level		
7:30 pm	Allison Candlelight Restorative* Open Level	Dee Meditation for Modern Peeps* Open Level	Carl Vinyasa Flow Level 2/3	Caroline Meditation* Open Level	8:00-9:00 Michelle Soulful Candlelight Yoga* Open Level		*these classes are appropriate for beginners