

Hudson Valley Healing Center

Yoga Schedule

Monday

9:30 am - 10:45 am	Align & Flow
11:30 am - 12:45 pm	Gentle Therapeutic
5:30 pm – 6:45 pm	Vinyasa Flow
7:00 pm – 8:30 pm	Intro to Ashtanga Yoga

Tuesday

11:30 am – 12:45 pm	Vinyasa Flow
5:30 pm – 7:00 pm	Vinyasa Flow
7:00 pm – 8:15 pm	Community Class: Beginner's Yoga

Wednesday

9:30 am - 10:45 am	Vinyasa Flow
11:30 am - 12:45 pm	Align & Breath
5:30 pm – 6:30 pm	Kundalini
7:00 pm – 8:15 pm	Men's Yoga

Thursday

11:30 am – 12:15 pm	Core Based Vinyasa
5:30 pm – 6:15 pm	Meditation
5:30 pm – 6:45 pm	Bhakti Yoga
7:00 pm – 8:15 pm	Candlelight Yin Restorative

Friday

10:00 am - 11:00 am	Adaptive Yoga
11:30 am - 12:45 pm	Aroma-Yoga
5:30 pm – 6:30 pm	Happy Hour Yoga

Saturday

11:00 am – 12:15 pm	Power Vinyasa
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Sunday

9:30 am – 10:45 am	Hatha Yoga
11:00 am – 12:15 pm	Community Class: Let Go & Flow

www.HudsonValleyHealingCenter.com

5/1/18 thru 6/24/18

Check Mindbody for changes