

# 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 – 6:30 pm	Kundalini

### Tuesday

11:30 am – 12:45 pm	Vinyasa Flow
5:30 pm – 7:00 pm	Vinyasa Flow
7:00 pm – 8:15 pm	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

9:30am – 10:45am	Vinyasa Flow
11:30 am – 12:15 pm	Core Based Vinyasa
5:30 pm – 6:15 pm	Meditation
5:30 pm – 6:45 pm	Bhakti Yoga <i>starting April 19</i>

### Friday

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

### 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](http://www.HudsonValleyHealingCenter.com)

2/26/18 thru 6/24/18  
Check Mindbody for changes