



SUNFLOWER
YOGA STUDIO

Monday

8:30-9:30 am Sunflower Flow

12-12:45 pm Sunflower Meditation/Yoga Nidra *

5:30-6:30 pm Sunflower Yoga Basics *

Tuesday

8:30-9:30 am Sunflower Flow

12-12:45 pm Somatic Awareness

5:30-6:45 pm Sunflower Radiant Flow

Wednesday

8:30-9:30 am Sunflower Flow

12-12:45 pm Sunflower Gentle Yoga Express *

5:30-6:45 pm Sunflower Restorative Yoga

Thursday

8:30-9:30 am Sunflower Gentle Yoga *

5:30-6:45 pm Sunflower Radiant Flow

Friday

9:00-10:00 am Sunflower Flow

Saturday

7:30-8:30 am Weekend Warrior Flow *

9:00-10:15 am Sunflower Gentle Yoga *

Sunday

No scheduled classes or training sessions

*indicates class is great for beginners