



SUNFLOWER
YOGA
STUDIO

MONDAY

8:30-9:30 am sunflower flow
12:00-12:45 pm sunflower meditation/yoga
nidra express
5:30-6:45 pm sunflower yoga basics

TUESDAY

8:30-9:45 am sunflower flow
12:00-12:45 pm somatic awareness
5:30-6:30 pm sunflower flow

WEDNESDAY

8:30-9:30 am sunflower flow
12:00-12:45 sunflower gentle yoga express
5:30-6:45 pm sunflower restorative yoga

THURSDAY

8:30-9:30 am sunflower gentle yoga

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