



# SUNFLOWER YOGA STUDIO

## Monday

8:30-9:30 am Sunflower Flow

10-11 am Tai Chi \*

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

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

## Tuesday

8:30-9:30 am Strength and Alignment \*

12-12:45 pm Therapeutic Yoga \*

5:30-6:30 pm Sunflower Ashtanga/Vinyasa 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 \*

12-1 pm Tai Chi \*

5:30-6:30 pm Sunflower Radiant Flow

## Friday

9-10 am Sunflower Flow

## Saturday

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

9-10:15 am Sunflower Gentle Yoga \*

## Sunday

4-5:30 pm Sunflower Radiant Flow

\*indicates class is great for beginners