

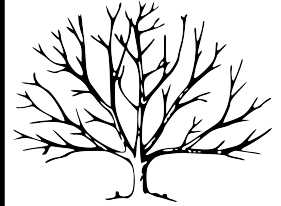
Two Hearts Yoga Studio

Revised Winter Schedule March 1 - April 30, 2020

Classes marked with "D" are available by donation or class card.

Studio Closed: 3/21 to 4/4 – check for re-opening

See www.twohearts.net for Up-to-Date Class & Event Schedule



Sunday	"D"	8:30 - 9:30	Mindful and Mellow with Darren An exploration of Patanjali's Yoga Sutras. Each week we explore one sutra through study, meditation and gentle yoga. <i>Cancelled 3/1, and 3/19</i>
		8:45 –11:00	Hot Vinyasa with Connie Contact Connie at 210-248-8715 or www.connielozano.com for details (<i>Cancelled 3/1, and 3/19</i>)
		2:30 - 4:00	Restorative Yoga with Pamela (<i>Sundays: 3/8, 3/22, 4/5, 4/19</i>)
	"D"	4:30 - 6:00	Yoga: Focus on Alignment Mixed Level with Kitty
Monday		9:30 -11:00	Iyengar Yoga Level 2 with Emilie (<i>no class 4/27</i>)
	"D"	11:30-12:45	Gentle Yoga with Barb
		5:30 – 6:45	Yoga Basics Level 1 with Marina (drop ins welcome)
		7:00 - 8:15	See the events page on the website for speciality classes.
Tuesday		5:30 - 6:45	Yoga with Philosophy and Alignment Level 2-3 with Jane.
	"D"	7:00 - 8:15	Yoga with Philosophy and Alignment Level 1-2 with Jane
Wednesday		9:30 -10:45	Slow Flow Yoga Level 1-2 with Marina
	"D"	11:30 -12:45	Gentle Yoga with Marina
		5:30 - 7:00	Iyengar Yoga Level 1 with Emilie (<i>no class 4/29</i>)
	"D"	7:30 - 9:00	Zen Buddhist Meditation w/ Welcome SA Zen Arrive by 7:15 <i>New participants text RSVP by noon to:210-722-5648</i>
Thursday	"D"	9:30 -10:45	Yoga Fusion Level 2 with Jane
	"D"	5:30 - 6:45	Yoga with Philosophy and Alignment Level 1-2 with Marina
		7:00 - 8:15	Gentle Yoga with Pamela
Friday		9:30 -10:45	Yoga with Philosophy and Alignment Level 1-2 with Marina
		11:30 -12:45	Gentle Yoga with Jane
	"D"	5:30 - 6:30	Happy Hour Yoga (<i>by Donation or \$5</i>) Level 2-3 with Lana
Saturday		10:30 -11:45	Yoga with Philosophy and Alignment Mixed Level with Jane
	free	11:45 -12:15	Kirtan: Devotional Chanting Everyone is welcome.
		12:30 - 1:45	Gentle Yoga with Jane

See fliers or website "events" page for full details and registration.

5309 McCullough Ave, 78212 -- 210-240-6141 -- www.twohearts.net

(Updated 2/14/2020)

