



Two Hearts Yoga Studio Winter Schedule March 2019

*Classes marked with "D" are currently available by donation or class card.
See Website for Most Up-to-Date Class & Event Schedule **REVISED 2/26/19***



Sunday	"D"	9:30 – 10:30am	Mindful and Mellow with Darren. <i>Explore yoga philosophy, gentle yoga and meditation.</i>
		11:00 – 12:15pm	<i>*Hot Vinyasa Yoga with Connie. *See details below* (no class 3/24&3/31)</i>
	"D"	4:30 - 6:00pm	Yoga: Focus on Alignment Mixed Level with Kitty.
Monday		9:30 – 10:45am	<i>*Iyengar Yoga Level 2 with Emilie.</i>
		12:00 – 1:15pm	Gentle Yoga with Barb.
		5:45 – 7:00 pm	Yoga Basics Marina. NEW CLASS! See description below.
Tuesday		9:30 – 10:45am	Ashaya Yoga Level 1-2 with Jane.
		5:30 – 6:45pm	Ashaya Yoga Level 2-3 with Jane.
	"D"	7:00 – 8:15pm	Ashaya Yoga Level 1-2 with Jane.
Wednesday		9:30 – 10:45am	Slow Flow Yoga with Nancy.
	"D"	12:00 – 1:15pm	Gentle Yoga with Nancy.
		5:30 – 7:00pm	Iyengar Yoga Level 1 with Emilie. <i>(Drop-ins welcome.) (*no class 2/20)</i>
	"D"	7:30 – 9:00pm	Zen Buddhist Meditation w/ Morningstar Sangha. <i>New participants please RSVP by noon to welcomesazen@gmail.com and arrive by 7:15pm. Meditation begins promptly at 7:30pm.</i>
Thursday	"D"	9:30 – 10:45am	Yoga Fusion Mixed Level with Jane. <i>Blends 20 minutes of flow style yoga with strength exercises using a variety of equipment. It also includes breathwork, meditation & a guided relaxation</i>
	"D"	5:30 – 6:45pm	Yoga Fusion Mixed Level with Marina.
		7:00 – 8:15pm	Yoga Stretch & Relax with Pamela. <i>This is a gentle-level 1 class.</i>
Friday		9:30 – 10:45am	Ashaya Yoga Level 1-2 with Marina.
		12:00 – 1:15pm	Gentle Yoga with Jane.
	"D"	5:30 – 6:30pm	Happy Hour Yoga <i>(By Donation or \$5) Level 2-3</i> with Lana.
Saturday		10:30 – 11:45am	Ashaya Yoga Mixed Level with Jane (starting 3/16 Spotlight Instructor)
	"free"	11:45 – 12:15pm	Kirtan: Devotional Chanting with Jane. <i>Everyone is welcome.</i>
		12:30 – 1:30pm	Yoga Stretch & Relax with Jane. <i>This is a gentle-level 1 class.</i>

♥ Yoga Basics 5:45-7:00pm

This class is a great place for beginners or anyone who wants to practice the most common basic postures with alignment in a safe and supportive environment. The focus is on stretching and ends with a nice relaxation. Everyone is welcome. No pre-registration is needed. Use your class card or pay by drop-in.

Save the Date for upcoming workshop with Darren Craddock March 31 @ 9:30am

**Two Hearts hosts Hot Vinyasa Yoga with Connie Sundays at 11am. Please contact her at 210.248.8715 or visit www.connielozano.com for details/registration. Drop-ins are welcome!*