



Two Hearts Yoga Studio

Spring Schedule

April 1st – May 31st, 2019

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

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



Sunday	"D"	8:30 - 9:30	Mindful and Mellow with Darren No class 3/31 Darren will teach a Workshop 3/31 , 9:30 -11:30 See events page. <i>Explore yoga philosophy, gentle yoga and meditation.</i>
		9:45 –11:00	Hot Vinyasa with Connie <i>Drop ins welcome. Contact Connie at 210-248-8715 or www.connieozano.com for details</i> (no class 3/31)
	"D"	2:30 - 4:00	Restorative Yoga with Pamela (1 st and 3 rd Sundays: 4/7, 4.21, 5/5, and 5/19)
	"D"	4:30 - 6:00	Yoga: Focus on Alignment Mixed Level with Kitty (no class 4/21, 5/12)
Monday		9:30 -11:00	Iyengar Yoga Level 2 with Emilie (no class 4/29)
		12:00 - 1:15	Gentle Yoga with Barb
		5:45 – 7:00	Yoga Basics with Marina (Drop ins welcome)
Tuesday		9:30 -10:45	Ashaya Yoga Level 1-2 with Jane
		5:30 - 6:45	Ashaya Yoga Level 2-3 with Jane
	"D"	7:00 - 8:15	Ashaya Yoga Level 1-2 with Jane
Wednesday		9:30 -10:45	Slow Flow Yoga with Nancy
	"D"	12:00 - 1:15	Gentle Yoga with Nancy
		5:30 - 7:00	Iyengar Yoga Level 1 with Emilie (no class 4/24 and 5/1)
	"D"	7:30 - 9:00	Zen Buddhist Meditation w/Morningstar Sangha <i>New participants please RSVP by noon to: welcomesazen@gmail.com Arrive by 7:15PM. Meditation begins promptly at 7:30PM.</i>
Thursday	"D"	9:30 -10:45	Yoga Fusion Mixed Level with Jane
	"D"	5:30 - 6:45	Yoga Fusion Mixed Level with Marina
		7:00 - 8:15	Yoga Stretch and Relax with Pamela. This is a gentle Level I class.
Friday		9:30 -10:45	Ashaya Yoga Level 1-2 with Marina
		12:00 - 1:15	Gentle Yoga with Jane
	"D"	5:30 - 6:30	Happy Hour Yoga (by Donation or \$5) Level 2-3 with Lana
Saturday		9:15 – 10:15	Yoga Level 2 - 3 Exploration of Advanced Asana with Marina
		10:30 -11:45	Mixed Level Yoga Saturday Spotlight Guest Instructors
	free	11:45-12:15	Kirtan:Devotional Chanting Everyone is welcome.
		12:30 - 1:45	Gentle Yoga Saturday Spotlight Guest Instructors

Celebrating 10 Years!

April marks the 10th anniversary for Two Hearts Studio. In May, owner Jane Goldstein celebrates 35 years of teaching fitness and yoga. A great big thank you to all of our students and teachers. It has been a wonderful journey together.

Saturday Spotlight!

*This spring we are shining the light on our amazing teachers as guest instructors on Saturdays at 10:30 and 12:30. Say **YES** to sampling a variety of teaching styles.*



Saturday	10:30 – 11:45	12:30 – 1:45
March 16 th	Cristina	Barb
March 23 rd	Emilie	Sandy
March 30 th	Susie	Susie
April 6 th	Marina	Pamela
April 13 th	Marina	Pamela
April 20 th	Susie	Susie
April 27 th	Carl	Susie
May 4 th	Cristina	Barb
May 11 th	Emilie	Sandy
May 18 th	Cristina	Pamela
May 25 th	Marina	Susie

Mundaka Upanishad: Connect to a Deeper Purpose with Darren Craddock

A yoga philosophy workshop incorporating gentle postures.

Sunday, March 31st 9:30 – 11:30

Register at: twohearts.net

\$25 Early Registration: \$30 after March 25th

If you have questions contact Darren: 210-365-4150