



Two Hearts Yoga Studio
Summer Schedule
July 1st – August 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 <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.connielozano.com for details</i>
	"D"	2:30 - 4:00	Restorative Yoga with Pamela (1 st & 3 rd Suns 7/7, 7/21, 8/4, 8/18)
	"D"	4:30 - 6:00	Yoga: Focus on Alignment Mixed Level with Kitty
Monday		9:30 -11:00	Iyengar Yoga Level 2 with Emilie (no class 8/19, 8/26, and 9/2)
	time change	11:30-12:45	Gentle Yoga with Barb
		5:45 – 7:00	Yoga Basics with Marina (drop ins welcome)
		7:15 - 8:30	Introduction to Yoga with Jane 1 st Mondays- 7/1, 8/5 (<i>pre-register</i>)
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
	time change	"D" 11:30-12:45	Gentle Yoga with Nancy
		5:30 - 7:00	Iyengar Yoga Level 1 with Emilie (no class 8/21 and 8/28)
	"D"	7:30 - 9:00	Zen Buddhist Meditation w/Morningstar Sangha New participants please RSVP by noon to: welcomesazen@gmail.com Arrive by 7:15PM. Meditation begins promptly at 7:30PM.
Thursday	"D"	9:30 -10:45	Yoga Fusion Mixed Level with Jane (special class 4 th of July!)
		5:30 - 6:45	Yoga Fusion Mixed Level with Marina (no class 7/4)
	"D"	7:00 - 8:15	Gentle Yoga with Pamela. (no class 7/4)
Friday		9:30 -10:45	Ashaya Yoga Level 1-2 with Marina
	time change	11:30-12:45	Gentle Yoga with Jane
	"D"	5:30 - 6:30	Happy Hour Yoga (by Donation or \$5) Level 2-3 with Lana
Saturday	"D"	9:15 – 10:15	The Practice with Jane Level 2-3 with inversions
		10:30 -11:45	Classic Rock - Mixed Level Yoga with Jane
	free	11:45-12:15	Kirtan:Devotional Chanting Everyone is welcome.
		12:30 - 1:45	Gentle Yoga with Jane

To help with parking there is a time shift for noon classes starting in July.
New Time: Gentle Yoga- Monday, Wednesday, and Fridays 11:30 - 12:45