



## WINDHORSE YOGA STUDIO

February 2010	March 2010
<b>Mondays</b> <i>Sunrise Yoga</i> - 5:45 to 6:45 <u>a.m.</u> - Karen Hatha Yoga - 5:45 to 6:45 p.m. - Kathy ☺ Yoga Intro - 7:00 to 8:00 p.m. - Kathy	<b>Mondays</b> <i>Sunrise Yoga</i> - 5:45 to 6:45 <u>a.m.</u> - Karen Hatha Yoga - 5:45 to 6:45 p.m. - Kathy ☺ Yoga Intro - 7:00 to 8:00 p.m. - Kathy
<b>Tuesdays</b> ☯ Hot Power Yoga - 4:30 to 5:30 p.m. - Sheri Invigorating Yoga - 6:00 to 7:15 p.m. - Michelle	<b>Tuesdays</b> ☯ Hot Power Yoga - 4:30 to 5:30 p.m. - Sheri Invigorating Yoga - 6:00 to 7:15 p.m. - Michelle
<b>Wednesdays</b> <i>Sunrise Yoga</i> - 5:45 to 6:45 <u>a.m.</u> - Michelle ☺ Restorative Yoga - 9:30 to 11:00 a.m. - Patty ☯ Hot Vinyasa Flow - 4:30 to 5:30 p.m. - Patty Hatha Yoga - 5:45 to 6:45 p.m. - Kathy	<b>Wednesdays</b> <i>Sunrise Yoga</i> - 5:45 to 6:45 <u>a.m.</u> - Michelle ☺ Restorative Yoga - 9:30 to 11:00 a.m. - Patty ☯ Hot Vinyasa Flow - 4:30 to 5:30 p.m. - Patty Hatha Yoga - 5:45 to 6:45 p.m. - Kathy
<b>Thursdays</b> ☯ Hot Power Yoga - 4:30 to 5:30 p.m. - Sheri ♦ Yoga Fusion Challenge - 6:00 to 7:15 p.m. - Michelle	<b>Thursdays</b> ☯ Hot Power Yoga - 4:30 to 5:30 p.m. - Sheri ♦ Yoga Fusion Challenge - 6:00 to 7:15 p.m. - Michelle
<b>Fridays</b> <i>Sunrise Yoga</i> - 5:45 to 6:45 <u>a.m.</u> - Karen Hatha Yoga - 5:45 to 6:45 p.m. - Kathy	<b>Fridays</b> <i>Sunrise Yoga</i> - 5:45 to 6:45 <u>a.m.</u> - Karen Hatha Yoga - 5:45 to 6:45 p.m. - Kathy
<b>Saturdays – First Saturday – Free</b> *Yoga - 9:30 to 10:45 a.m. - every Saturday <b>(4<sup>th</sup> Saturday's class – Hot Power Yoga with Sheri)</b>	<b>Saturdays – First Saturday – Free</b> *Yoga - 9:30 to 10:45 a.m. - Every Saturday <b>(4<sup>th</sup> Saturday's class – Hot Power Yoga with Sheri)</b>
<b>Sundays</b> 1st Sunday - Yoga for Meditation 12:15 to 12:45 - Michelle *Yoga - 1:00 to 2:30 p.m. - every Sunday <b>(4<sup>th</sup> Sunday's class – Hot Power Yoga with Sheri)</b>	<b>Sundays</b> 1st Sunday - Yoga for Meditation 12:15 to 12:45 - Michelle *Yoga - 1:00 to 2:30 p.m. - every Sunday <b>(4<sup>th</sup> Saturday's class – Hot Power Yoga with Sheri)</b>

\* **Weekend Rotation:** 1<sup>st</sup> & 3<sup>rd</sup> Saturday & 1<sup>st</sup> & 3<sup>rd</sup> Sunday – Michelle

2<sup>nd</sup> Saturday & 2<sup>nd</sup> Sunday – Kathy ♦ 4<sup>th</sup> & 5<sup>th</sup> Saturday & 4<sup>th</sup> & 5<sup>th</sup> Sunday – Sheri

☯ Not suitable for beginners – must have instructor approval to attend.

♦ Not recommended for beginning students. ☺ Recommended for beginning students

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 (behind the Northwest corner of the Stein Mart Shopping Center)  
 903.592.YOGA (9642) [www.WindhorseYogaStudio.com](http://www.WindhorseYogaStudio.com)