

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10:30 a.m. Yoga Balance – Venu 4:30 p.m. Yoga Stretch- Venu 5:45 p.m. Gentle – Chelsea	2 10:30 a.m. Gentle - Alex 4:30 p.m. Yoga Flow – Alex 5.45 p.m. Calm & Candles, Restorative - Susan	3 10:30 a.m. Gentle Flow Vinyasa - Venu 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m Full Body yoga workout – Christopher	4 9:15 a.m. Barre – Ryann 10.30 a.m. Hatha Yoga-Ryann	5 10:30 a.m. Yoga Balance- Hayden 1:00 p.m. Yin Yoga – Ryann 2:30 p.m. Special T'ai Chi Chuan Class – Tim (5 dollar for members, 10 dollars for non-members)
6 12:00 p.m. to 12:45 p.m. –Talk & Meditation Sangha – Pat 4:00 p.m. Slow Detox Heated Flow- Alex	7 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Alex 5:45 p.m. Gentle – Susan	8 10:30 a.m. Yoga Balance – Venu 4:30 p.m. Yoga Stretch- Venu 5:45 p.m. Gentle – Chelsea	9 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow – Alex 5.45 p.m. Calm & Candles, Restorative - Susan	10 10:30 a.m. Gentle Flow Vinyasa - Venu 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m Full Body yoga workout – Christopher	11 9:15 a.m. Barre – Ryann 10.30 a.m. Hatha Yoga-Ryann	12 10:30 a.m. Yoga Balance – Venu 1:00 p.m. Yin Yoga – Ryann 2:30 p.m. Special T'ai Chi Chuan Class – Tim (5 dollar for members, 10 dollars for non-members)
13 12:00 p.m. -12:45 p.m. Meditation Sangha – Pat 4:00 p.m. Gentle - Venu	14 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow - Alex 5:45 p.m. Gentle – Susan	15 10:30 a.m. – Yoga Balance – Venu 4:30 p.m. Yoga Stretch- Venu 5:45 p.m. Gentle – Chelsea	16 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow – Alex 5.45 p.m. Calm & Candles, Restorative - Susan	17 10:30 a.m. Gentle Flow Vinyasa - Venu 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m. Full Body yoga workout – Christopher	18 9:15 a.m. Barre – Ryann 10.30 a.m. Hatha Yoga-Ryann	19 10:30 a.m. Yoga Balance –Hayden 1:00 p.m. Yin Yoga – Ryann 2:30 p.m. Special T'ai Chi Chuan Class – Tim (5 dollar for members, 10 dollars for non-members)
20 12:00 p.m. -12:45 p.m. - Meditation Sangha - Pat 4:00 p.m. Slow Detox Heated Flow – Alex	21 10:30 a.m. Gentle – Ryann 4:30 p.m. – Yoga Flow – Alex 5:45 p.m. Gentle – Susan	22 10:30 a.m. Yoga Balance – Venu 4:30 p.m. Yoga Stretch- Venu 5:45 p.m. Gentle – Chelsea	23 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow – Alex 5:45 p.m. Calm & Candles, Restorative - Susan	24 10:30 a.m. Gentle Flow Vinyasa - Venu 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m. Full Body yoga workout – Christopher	25 9:15 a.m. Barre – Ryann 10.30 a.m. Hatha Yoga-Ryann	26 10:30 a.m. Yoga Balance – Hayden 1:00 p.m. Yin Yoga – Christopher 2:30 p.m. Special T'ai Chi Chuan Class – Tim (5 dollar for members, 10 dollars for non-members)
27 12:00 p.m. -12:45 p.m. - Meditation Sangha - Pat 4:00 p.m. Gentle – Venu	28 10:30 a.m. Gentle – Ryann 4:30 p.m. Yoga Flow – Alex 5:45 p.m. Gentle – Susan	29 10:30 a.m. Yoga Balance – Venu 4:30 p.m. Yoga Stretch- Venu 5:45 p.m. Gentle – Chelsea	30 10:30 a.m. Gentle - Ryann 4:30 p.m. Yoga Flow – Alex 5:45 p.m. Calm & Candles, Restorative - Susan	31 10:30 a.m. Gentle Flow Vinyasa - Venu 4:30 p.m. Yoga Flow Carry Healy 5:45 p.m. Full Body yoga workout – Christopher	\$55.00 per month – students, teachers, Nurses, Veterans and seniors (65 +)	\$15.00 weekday walk-ins – no contract required \$10.00 weekend walk-ins – no contract required
<u>JANUARY 2019 SCHEDULE</u> <u>HAVE AN AWESOME 2019!</u> <u>LIKE US ON FACEBOOK!</u> <u>WATCH YOUTUBE VIDEOS:</u> Yoga for Health and Wellness				<u>Membership Drive !Ends March 2019! Awesome low rates!</u> <u>(903) 592-9642</u> <u>windhorseyogastudio@gmail.com</u>	 Special offer for returning customers: 50 dollars for 45 days	

Walk-in Rates: \$15.00 during the week / **\$10.00 on the weekend**

Classes begin at scheduled times & the door is locked for safety