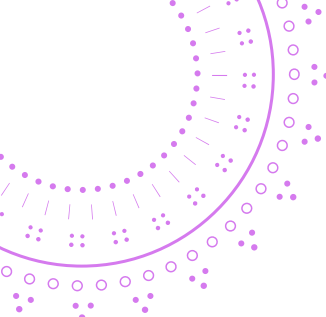


# WEEKLY CLASS ONLINE SCHEDULE



MON

TUES

WED

THURS

FRI

morning

|   |   |   |  |   |
|---|---|---|--|---|
|   |   |   |  |   |
| 9:00-10:00am<br>Gentle Yoga<br>(Viviana)    | 9:00-10:00am<br>Gentle Yoga<br>(Tahil)        | 9:00-10:00am<br>Gentle Yoga<br>(Viviana)    | 9:00-10:00am<br>Gentle Yoga<br>(Viviana)                             |   |
| 10:30-11:30am<br>Prenatal Yoga<br>(Viviana) |   | 10:30-11:30am<br>Prenatal Yoga<br>(Viviana) |  | 10:30-11:30am<br>Prenatal Yoga<br>(Viviana)   |
|   |   | 12:00-1:00p<br>Pain Free<br>(Tahil)         |  | 12:00-1:00p<br>Pain Free<br>(Viviana)         |
| 5:00-6:00p<br>Gentle Yoga<br>(Viviana)      | <b>4:00-5:00p</b><br>Gentle Yoga<br>(Viviana) |   | 5:00-6:00p<br>Gentle Yoga<br>(Viviana)                               | <b>4:00-5:00p</b><br>Gentle Yoga<br>(Viviana) |
|   |   | 7:00-9:00p<br>Counseling<br>Circles (Don)   | 7:00-9:00p<br>Men's Wisdom<br>Circle (Tahil)<br><b>1st/3rd Thurs</b> |   |

lunch  
hour

evening

Class costs, \$20 drop-in, \$120 unlimited OR See website for discount passes/semi-private/private sessions and sliding scale available: [www.HeartSource.Center](http://www.HeartSource.Center)

\* All Levels welcome at all classes.

HEART SOURCE



REGISTER ONLINE TODAY!

