<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
</tr>
</thead>
<tbody>
<tr>
<td>YOGA ON THE LAKE 7-8 Rachel</td>
<td>KRIPALU GENTLE 8:15-9:30 Martha</td>
<td>YOGA ON THE LAKE 7-8 Jane</td>
<td>YOGA AT SMALLLEY PARK 7-8 Zach</td>
<td>YOGA ON THE LAKE 7-8 Adam</td>
<td>YOGA ON THE LAKE 7:30-8:30 Rachel (starts June 8)</td>
<td>Flow 8:45-10 Kate</td>
</tr>
<tr>
<td>FLOW/YIN 12:15-1:15 Annie</td>
<td>YOGA THERAPEUTICS NECK &amp; SHOULDERS 12:15-1:15 Alison</td>
<td>FLOW 12:15-1:15 Sasha</td>
<td>MEDITATION* 8:15-8:45 Martha</td>
<td>KRPALU I/II 9-10:15 Martha</td>
<td>BEGINNER 10:15-11:15 Kate</td>
<td>Flow 8:45-10 Kate</td>
</tr>
<tr>
<td>COMMUNITY 4:30-5:30 Morgan</td>
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<td>COMMUNITY 4:30-5:30 Morgan</td>
<td>YOGA WALL 12:15-1:15 Michelle</td>
<td>DE-STRESS 4:30-5:30 Patrick</td>
<td>Flow 8:45-10 Kate</td>
</tr>
<tr>
<td>COMMUNITY 7:15-8:30 Devin</td>
<td>KAIUT YOGA 5:45-6:45 Julia</td>
<td>YOGA WALL 5:45-7 Meg</td>
<td>BEGINNER 4:30-5:30 Patrick</td>
<td>YOGA WALL 12:15-1:15 Michelle</td>
<td>FLOW AND RESTORE 6-7:15 Sasha</td>
<td>Flow 8:45-10 Kate</td>
</tr>
<tr>
<td>YOGA AT OAKLEDGE PARK 7:15-8:15 Gaby</td>
<td>FLOW 7:15-8:15 Zach</td>
<td>FLOW 5:45-7 Gaby</td>
<td>COMMUNITY 4:30-5:30 Krista</td>
<td>COMMUNITY MINDFULNESS PRACTICE* 6:30-8:30</td>
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<td>Flow 8:45-10 Kate</td>
</tr>
</tbody>
</table>

**Trainings**

200 HOUR YOGA TEACHER TRAINING
Oct 2019 - May 2020
- Integrate modern science, functional anatomy, and the ancient wisdom of yoga
- Faculty Of Health Professionals
- 8 Weekends
- VSAC Non-degree grants accepted!

**YOGA FOR LIFE FALL MODULE**
Sept 1 - Dec 31
- Unlimited Drop-in Classes
- 8 Saturday Workshops
- Mentorship
- Dive deeper into your practice!

**Evolution Summer 2019**
June 1 - August 31

**Pricing**
- Community $10
- Single class $15
- 10-class card $140
- *Free/donation*
- Membership $99/month
- One month unlimited $130
- Summer pass $250