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2019 APRIL

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Vinyasa Flow (Sarah) 6:10 pm	2 Kundalini (Kari) 10 am Slow Flow (Sarah) 6:10 pm	3 Yoga Nidra (Danna) 6:10 pm	4 Power Slow Flow (Danna) 10 am Workday Wind Down (Danna) 6:10 pm	5 no class	6 Tibetan Bowl Meditation Workshop (Vikki) 10 am
7 Restorative (Danna) 11 am	8 Vinyasa Flow (Sarah) 6:10 pm	9 Kundalini (Kari) 10 am Slow Flow (Sarah) 6:10 pm	10 Heated Flow (Susie) 10 am Alignment (Mindy) 6:10 pm	11 Power Slow Flow (Danna) 10 am Workday Wind Down (Danna) 6:10 pm	12 Yoga Basics (Danna) 10 am	13 Hatha (Cassie) 9 am Mindful Movement and Meditation (Cassie) 11 am
14 Restorative (Susie) 11 am	15 Vinyasa Flow (Sarah) 6:10 pm	16 Mixed Level (Mindy) 10 am Kundalini (Mindy) 6:10 pm	17 Heated Flow (Sarah) 10 am Alignment (Mindy) 6:10 pm	18 Power Slow Flow (Danna) 10 am Workday Wind Down (Danna) 6:10 pm	19 Full Moon Gong Bath (Mindy) 6:10 pm	20 no class
21 Yin (Mindy) 11 am	22 Vinyasa Flow (Sarah) 6:10 pm	23 Mixed Level (Mindy) 10 am Kundalini (Mindy) 6:10 pm	24 Heated Flow (Susie) 10 am Alignment (Mindy) 6:10 pm	25 Power Slow Flow (Danna) 10 am Workday Wind Down (Danna) 6:10 pm	26 Yoga Basics (Danna) 10 am YTT 200	27 Hatha (Cassie) 9 am YTT 200
28 Yin (Mindy) 11 am YTT 200	29 Vinyasa Flow (Sarah) 6:10 pm	30 Mixed Level (Mindy) 10 am Kundalini (Mindy) 6:10 pm				