



February 2019



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>*YTT 300 Ayurveda and Yoga classes are special classes and not included in the Membership price **Tibetan Bowl Workshop with Vikki – please pre-register at info@ngyoga.com or in person with a team member</p>						
					1 no classes	2 Kundalini (Mindy) 10 am
3 Yin (Mindy) 11 am Restorative (Danna) 4 pm	4 Vinyasa Flow (Sarah) 6:10 pm	5 Mixed Level Flow (Mindy) 10 am Kundalini (Mindy) 6:10 pm	6 Heated Flow (Mindy) 10 am 5-5:30 Myofascial Release (Mindy) Alignment (Mindy) 6:10 pm	7 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	8 Hatha (Cassie) 10 am YTT 300 Ayurveda and Yoga *Public Class-\$20 6-7:30 Vata Balancing Practice	9 YTT 300 Ayurveda and Yoga *Public Classes-\$20 Pitta Balancing Class 9-1030 am Restorative Yoga 430-6pm
10 YTT 300 Ayurveda and Yoga *Public Class-\$20 Kapha Balancing Practice 9-1030am	11 Vinyasa Flow (Sarah) 6:10 pm	12 **Tibetan Bowl Workshop w/Vikki \$10 Members \$15 non-members Pre-registration please	13 Restorative (Danna) 6:10 pm	14 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	15 Yoga Basics (Danna) 10 am	16 no classes
17 Yin (Mindy) 11 am Restorative (Danna) 4 pm	18 Vinyasa Flow (Sarah) 6:10 pm	19 Mixed Level Flow (Mindy) 10 am Full Moon Gong Bath (Mindy) 6:10 pm	20 Heated Flow (Mindy) 10 am 5-5:30 Myofascial Release (Mindy) Alignment (Mindy) 6:10 pm	21 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm	22 Hatha (Cassie) 10 am	23 no classes
24 no classes	25 Vinyasa Flow (Sarah) 6:10 pm	26 Mixed Level Flow (Mindy) 10 am Kundalini (Mindy) 6:10 pm	27 Heated Flow (Mindy) 10 am 5-5:30 Myofascial Release (Mindy) Alignment (Mindy) 6:10 pm	28 Power Slow Flow (Danna) 10 am Wind Down (Danna) 6:10 pm		

