

May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	www.info@ngyoga.com (706) 482 0090		1 Heated Flow 10 am (Sarah) No PM classes	2 Power Slow Flow 10 am (Danna) Teacher Audition (Yogi Bazan/Isaac) Kundalini Free class 6:10 pm	3 Yoga Basics 10 am (Danna) YTT 300 Yin	4 YTT 300 No public class
	5 YTT 300 No public class	6 Kundalini 10 am (Yogi Bazan/Isaac) Mixed Level Flow 6:10 pm (Mindy)	7 Mixed Level Flow 10 am (Mindy) Kundalini 6:10 pm (Mindy)	8 Heated Flow 10 am (Susie) Alignment 6:10 pm (Mindy)	9 Power Slow Flow 10 am (Danna) Workday Wind Down 6:10 pm (Danna)	10 Yoga Basics 10 am (Mindy)
12 Happy Mother's Day No classes	13 Kundalini 10 am (Yogi Bazan/Isaac) Vinyasa Flow 6:10 pm (Sarah)	14 Beginner 10 am (Mindy) Kundalini 6:10 pm (Mindy)	15 Myofascial Release 5 pm (Mindy) Alignment 6:10 pm (Mindy)	16 Power Slow Flow 10 am (Danna) Workday Wind Down 6:10 pm (Danna)	17 Yoga Basics 10 am (Mindy) YTT 200	18 Hatha 9 am (Cassie) Full Moon Gong Bath 6:10 pm (Mindy) YTT 200
19 Yin 11 am (Mindy) YTT 200	20 Vinyasa Flow 6:10 pm (Sarah)	21 Slow Flow 10 am (Martha) Slow Flow 6:10 pm (Sarah)	22 Heated Flow 10 am (Susie) Yoga Nidra 6:10 pm (Danna)	23 Power Slow Flow 10 am (Danna) Workday Wind Down 6:10 pm (Danna)	24 Yoga Basics 10 am (Danna)	25 Tibetan Bowl Workshop 10 am (Vikki) SUP Yoga 10 am (Danna) Lake Zwerner Pre-registration required
26 Slow Flow 11 am (Martha)	27 Vinyasa Flow 6:10 pm (Sarah)	28 Mixed Level Flow 10 am (Mindy) Kundalini 6:10 pm (Mindy)	29 Heated Flow 10 am (Mindy) Myofascial Release 5 pm (Mindy) Alignment 6:10 pm (Mindy)	30 Power Slow Flow 10 am (Danna) Tinctures, Tisanes and Teas -an intro to staying cool this summer 6:10 pm (Danna)	31 Yoga Basics 10 am (Mindy)	

