



Two Hearts Yoga Studio

Fall Schedule

September 1st - November 23, 2019

Classes marked with "D" are currently available by donation or class card.

See www.twohearts.net for Up-to-Date Class & Event Schedule



Sunday	"D"	8:30 - 9:30	Mindful and Mellow with Darren <i>Explore yoga philosophy, gentle yoga and meditation.</i>
		9:45 - 11:00	Hot Vinyasa with Connie <i>Drop ins welcome. Contact Connie at 210-248-8715 or www.connieozano.com for details</i>
		2:30 - 4:00	Restorative Yoga with Pamela (1 st and 3 rd Sundays: 9/1, 9/15, 10/6, 10/20, 11/3, 11/17)
	"D"	4:30 - 6:00	Yoga: Focus on Alignment Mixed Level with Kitty
Monday		9:30 - 11:00	Iyengar Yoga Level 2 with Emilie
	"D"	11:30 - 12:45	Gentle Yoga with Barb
		5:30 - 6:45	Yoga Basics with Marina (drop ins welcome)
		7:00 - 8:15	Yoga for Beginners with Marina 9/23 - 10/14 or 10/21 - 11/11 pre-register
Tuesday		9:30 - 10:45	Ashaya Yoga® Level 1-2 with Jane
		5:30 - 6:45	Ashaya Yoga® Level 2-3 with Jane
	"D"	7:00 - 8:15	Ashaya Yoga® Level 1-2 with Jane
Wednesday		9:30 - 10:45	Slow Flow Yoga with Nancy
	"D"	11:30 - 12:45	Gentle Yoga with Nancy
		5:30 - 7:00	Iyengar Yoga Level 1 with Emilie
	"D"	7:30 - 9:00	Zen Buddhist Meditation w/Morningstar Sangha Arrive by 7:15 New participant please RSVP by noon to: welcomesazen@gmail.com
Thursday	"D"	9:30 - 10:45	Yoga Fusion Mixed Level with Jane
	"D"	5:30 - 6:45	Yoga Fusion Mixed Level with Marina
		7:00 - 8:15	Gentle Yoga with Pamela.
Friday		9:30 - 10:45	Ashaya Yoga® Level 1-2 with Marina
		11:30 - 12:45	Gentle Yoga with Jane
	"D"	5:30 - 6:30	Happy Hour Yoga (by Donation or \$5) Level 2-3 with Lana
Saturday	"D"	9:15 - 10:15	Advanced Yoga Practice for experienced students (no class 10/19)
		10:30 - 11:45	Ashaya® Mixed Level with Jane (no class 10/19)
	free	11:45 - 12:15	Kirtan: Devotional Chanting Everyone is welcome.
		12:30 - 1:45	Gentle Yoga with Jane

Fall Events:

Yoga for Beginners: 4 Week Series Mondays 7:00 pm

Pelvic Floor Workshop: Awareness, Flexibility and Strength. October 19th, 9:30 - 11:30 am

See fliers or website "events" page for full details and registration.