

International Yoga Day in the Chopra Mind-Body Zone

June 21, 2022

Yoga Studio 1:

- 6:30-7:30am- Chopra Sunrise Flow with Cait
- 7:45-8:15am- Chopra Meditation with Cait
- 9:30-10:30am- Heated Chopra Vinyasa with Julie
- 12-1pm- Chopra Yin with Katherine
- 1:15-2pm- Sound Healing with Dena
- 5:30-6:45pm- Heated Chopra Yoga with Marlene
- 7-8pm- Intro to Meditation with Thaisa
- 8:15-8:45pm- Yoga Nidra with Julie

Yoga Studio 2, Aerial Studio:

- 8-9am- Barre Strength with Sabrina
- 9:30-10:30am- Earth and Air Yoga: Ground & Aerial Yoga with Marlene
- 10:45-11:45am- Aerial Conditioning with Michalyn
- 12-1pm- Intermediate Aerial Yoga with Michalyn
- 4-5pm- Yoga Basics with Ann
- 5:15-6:15pm- Beginner Aerial Yoga with Deanna
- 6:30-7:30pm- Yoga and Pilates Fusion with Julie
- 7:45-8:30pm- Gentle Low Hammock with Deanna

Community Wellness Hub Workshops:

- 9:30-10:30am- "Build Rituals for a Joyful Life" with Judy
- 10:45-11:45am- "Intro to Ayurveda" with Katherine
- 2:15-3:15pm- "How to Expand Your Love Frequency" with Cait

**Please note classes are on first come first serve basis. Class modality, time, and instructor are subject to change. Thank you for living in life's flow.*

