

Winter Schedule 2019

Mondays

5:30- 6:45 pm Level 1
7:00-8:15 pm Restorative Yoga

Tuesdays

9:00–10:15 am Level 1
10:30 am–noon Subtle Flow Somatic Yoga (with guided relaxation)
6:30–7:45 pm Level 2

Wednesdays

9:30-10:45 am Yin Yoga
6:00-7:15 pm Level 1
7:30 - 8:15 pm Free Guided Meditation - second Wednesday of the Month

Thursdays

9:00–10:15 am Level 1
5:30–6:45 pm Level 2

Fridays

10:30-11:45 am Subtle Flow Somatic Yoga
4:15 - 5:15 pm Level 2 Heated
7:00 - 9:00 pm Monthly Restorative Yoga (see schedule for dates)

Saturdays

7:30–8:45 am Level 3 Heated Vinyasa
9:00–10:15 am Level 2

Visit our Retreats and Events Schedule for more!

Private Yoga Therapy and meditation sessions, Ayurvedic Marma Therapy and Healing Touch Energy Therapy available by appointment.

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