

YOGA SCHEDULE

YOGA DIRECTOR: Mary-Laurence Bevington
EMAIL ADDRESS: mary@movementboulder.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:30 - 8:30 AM VINYASA YOGA 1-2 Diane F.			
					10:00 - 11:30 AM VINYASA YOGA (All Levels) Brent M.
12:00 - 1:00 PM VINYASA YOGA 1-2 Dan M.		12:00 - 1:00 PM VINYASA YOGA (All Levels) Michelle A.		12:00 - 1:00 PM VINYASA YOGA 2 Olivia H.	
					Sunday
	5:00 - 6:00 PM YOGA BASICS Jon H.		4:30 - 5:30 PM MOVING MEDITATION (All Levels) Mary Laurence B.	4:00 - 5:00 PM GENTLE YOGA (Level 1) Mary Laurence B.	12:30 - 1:30 PM ALIGNMENT YOGA 1 Dan M.
6:30 - 7:45 PM VINYASA YOGA (all levels) Mary Laurence B.	6:15 - 7:45 PM ALIGNMENT YOGA (all levels) Yuki T.	6:15 - 7:30 PM AERO YOGA 1-2 Yuki T.	6:15 - 7:30 PM VINYASA YOGA 1-2 Brent M.		4:00 - 5:00 PM GENTLE YOGA (All Levels) Kelly R.

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