

YOGA SCHEDULE

YOGA DIRECTOR: Emily Seymour
 EMAIL ADDRESS: emily@movementboulder.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:00 - 8:00 AM VINYASA YOGA 1-2 Rebecca M.			
	9:15 - 10:15 AM YOGA BASICS Jon H.				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 1-2 Michelle A.		12:00 - 1:00 PM VINYASA YOGA 2 Olivia H.	
					Sunday
4:30 - 5:30 PM AERO YOGA 1-2 Yuki T.	5:00 - 6:00 PM YOGA BASICS Jon H.			4:00 - 5:00 PM GENTLE YOGA (Level 1) Rebecca M.	12:30 - 1:30 PM ALIGNMENT YOGA 1 Dan M.
	6:15 - 7:45 PM ALIGNMENT YOGA (all levels) Yuki T.	6:15 - 7:30 PM AERO YOGA 2 Emily S.	6:15 - 7:30 PM VINYASA YOGA 1-2 Emily S.		4:00 - 5:00 PM GENTLE YOGA (All Levels) Kelly R.

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