

# Sun and Moon yoga

## Schedule - Effective January 2019

<b>Monday</b>	8:00 AM	Blissful Backs	60 mins
	9:30 AM	Moving into Monday Slow Flow	60 mins
	12:00 N	Vinyasa Flow Midday	60 mins
	4:45 PM	Warm Vinyasa Flow	60 mins
	6:00 PM	Hot Vinyasa Flow	75 mins
	7:30 PM	Yoga for Stress Relief	60 mins
<b>Tuesday</b>	8:00 AM	Good Morning Stretch	60 mins
	9:15 AM	Slow Flow	75 mins
	10:45 AM	Back to Basics	60 mins
	12:00 N	Vinyasa Flow Midday	60 mins
	4:30 PM	Easy Does It	75 mins
	6:00 PM	Pelvic Core/Yoga Fusion	60 mins
7:15 PM	Hot Vinyasa Flow	75 mins	
<b>Wednesday</b>	7:00 AM	Morning Stretch-Mindful Slow Flow	60 mins
	9:15 AM	Easy Does It	75 mins
	10:45 AM	Vinyasa Flow	60 mins
	12:00 PM	Yoga for Stress Relief	60 mins
	4:30 PM	Vinyasa Flow for All Levels	75 mins
	6:00 PM	Vinyasa Flow	75 mins
	7:30 PM	Yoga for Stress Relief	60 mins
<b>Thursday</b>	8:00 AM	Blissful Backs	60 mins
	9:30 AM	Vinyasa Flow	60 mins
	12:00 N	Vinyasa Flow Midday	60 mins
	4:45 PM	All Levels Mixed Flow	75 mins
	6:30 PM	Warm Form and Flow	75 mins
	8:00 PM	Restorative Yin Yoga & Meditation	60 mins
<b>Friday</b>	7:30 AM	Good Morning Meditation	60 mins
	9:15 AM	Vinyasa Flow	75 mins
	10:45 AM	Slow Flow	60 mins
	12:00 N	Yoga for Stress Relief	60 mins

5:30 PM "TGIF" Vinyasa Flow 60 mins

*Saturday*

8:30 AM Vinyasa Flow 75 mins

10:15 AM Easy Does It 75 mins

12:00 PM Yoga for Stress Relief 60 mins

*Sunday*

9:00 AM Vinyasa Flow 75 mins

10:30 AM Blissful Backs 75 mins

4:00 PM Vinyasa Flow 60 mins

5:15 PM Restorative/Gentle Yoga 60 mins

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@SunandMoonYoga

*\*\*Current Schedule is always available at [www.sunandmoonpr.com](http://www.sunandmoonpr.com)*