



SCHOOL OF YOGA AND AYURVEDA  
 A branch of Visible Belief Education Foundation 501 (c)(3).

# Weekly Class Schedule

	Purple Studio	Green Studio	Red Studio
<b>M O N D A Y</b>			
	10 – 11:15 am <b>Yoga Foundation</b>		
	12 – 12:30 pm <b>Meditation</b>		
	5 – 5:30 pm <b>Peel Away Yoga Fundamentals</b>		
	5:30 – 6 pm <b>Peel Away Yoga Fundamentals 2</b>		
6 – 6:30 pm <b>Peel Away Yoga Foundation</b>	6 – 7 pm ☯ <b>Tai Chi</b>		
6:30 – 7:15 pm <b>Peel Away Mindful Flow</b>			

**Weekly Class Schedule effective 12/13/16.**

*Temporary schedule changes are listed on our Website.*

Shaded boxes indicate broadcasted classes.



17226 Mercury (@ El Camino & Medical Center) Suite 108 Houston 77058  
 281-282-9400 • www.rasayogaschool.org

	Purple Studio	Green Studio	Red Studio
<b>T U E S D A Y</b>			
	10 – 11 am <b>Fundamentals + Focus</b>		
	12 – 12:45 pm <b>Yoga Nidra</b>		
		6 – 7 pm <b>Zumba</b>	

	Purple Studio	Green Studio	Red Studio
<b>W E D N E S D A Y</b>	6 – 7 am <b>Yoga Foundation</b>		
	10 – 11:15 am <b>Mindful Flow</b>		
	11:30 am – 12 pm <b>Science &amp; Art of Breathing</b>		
	12 – 1 pm <b>Shanti Rasa Flow</b>		
		5 – 6 pm <b>Zumba</b>	
	7:30 – 8:15 pm <b>Yoga Fundamentals</b>		7:15 – 8:15 pm <b>Shanti Rasa Flow</b>

*Schedule Last Updated: 12/13/16*

T H U R S D A Y	Purple Studio	Green Studio	Red Studio
	6 – 7 am <b>Vira Rasa Flow</b>		
	10 – 11:15 am <b>Yoga Foundation</b>		
	12 – 1 pm <b>Yoga Rhythms (Drums)</b>		
	5 – 6 pm <b>Foundation + Focus</b>		
	6 – 6:30 pm <b>Meditation</b>	6:15 – 7:30 pm <b>Vira Rasa Flow</b>	
7 – 8 pm <b>Yoga Foundation</b>			

F R I D A Y	Purple Studio	Green Studio	Red Studio
	6 - 7 am <b>Yoga Foundation</b>		
	10 – 11 am <b>Flow Fundamentals</b>		
	12 – 12:30 pm <b>Meditation</b>		
5:30 – 6:30 pm <b>Yoga Foundation</b>			

S A T U R D A Y	Purple Studio	Green Studio	Red Studio
		8 – 9 am <b>Tai Chi</b>	
	9 – 10:30 am <b>Yoga Foundation</b>	9 – 10:30 am <b>Vira Rasa Flow</b>	

S U N D A Y	Purple Studio	Green Studio	Red Studio
	10 – 11:30 am <b>Yoga Stability</b>		
	5 – 6 pm <b>Jai Yoga</b>	5 – 6 pm <b>Pre-Natal Yoga</b>	
	6:15 – 7:15 pm <b>Zumba</b>		

**Weekly Class Schedule effective 12/13/16.**

*Temporary schedule changes are listed on our Website.*

**Shaded boxes indicate broadcasted classes.**



17226 Mercury (@ El Camino & Medical Center) Suite 108 Houston 77058  
281-282-9400 • www.rasayogaschool.org

*Schedule Last Updated: 12/13/16*