



SCHOOL OF YOGA AND AYURVEDA

A branch of Visible Belief Education Foundation 501(c)(3). VBE

WEEKLY CLASS SCHEDULE

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

Weekly Class Schedule effective 6/13/17.

Temporary schedule changes are listed on our Website.

Italicized classes in shaded boxes indicate broadcasted classes.



17226 Mercury (@ El Camino & Medical Center) Suite 108 Houston 77058
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	Purple Studio	Green Studio	Red Studio
T U E S D A Y			
	10 – 11 am Fundamentals + Focus		
	12 – 12:45 pm Yoga Nidra		
		6 - 7 pm Zumba	

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

Schedule Last Updated: 6/13/17

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

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

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

S U N D A Y	Purple Studio	Green Studio	Red Studio
	10 – 11:30 am Yoga Stability	9 – 10 am Zumba	
	5 – 6 pm Jai Yoga	5 – 6 pm Pre-Natal Yoga	

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