



White River Yoga

Summer 2018 June 18 - August 31

Monday

10:15 - 11:15 AM - RESTORATIVE YOGA with Erin
6:15 - 7:15 PM - ALL LEVELS YOGA with Mitch

Tuesday

7:45 - 8:45 AM - GENTLE YOGA with Mitch
9:15 - 10:15 AM - GENTLE YOGA with Mitch

Wednesday

8:30 - 9:30 AM - **BEACH YOGA** (White Lake and Lake Michigan
Locations - check our website)
6:30 - 7:30 PM - ALL LEVELS YOGA with Hannah

Thursday

9:15 - 10:30 AM - ALL LEVELS YOGA with Erin
6:30 - 7:45 PM - STRETCH AND HIKE with Mitch (Yoga & hike—bike trail)

Friday

9:15 - 10:15 AM - ALL LEVELS with Mitch (6/22, 7/20, 8/17, 9/14 - 9:30 - 10:30 AM
White River Lighthouse)

Saturday

9:15 - 10:15 AM - GENTLE YOGA with Mitch
10:30 - 11:45 AM ALL LEVELS YOGA with Hannah



www.whiteriveryoga.com

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