

Sun and Moon yoga

Schedule - Effective November 2018

Monday	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
Tuesday	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
Wednesday	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
Thursday	8:00 AM	Blissful Backs	60 mins
	9:30 AM	Vinyasa Flow	60 mins
	12:00 N	Vinyasa Flow Midday	60 mins
	6:30 PM	Warm Form and Flow	75 mins
	8:00 PM	Restorative Yin Yoga & Meditation	60 mins
Friday	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

2027 Oakton Street ~ Park Ridge, IL 60068 ~ (224) 305-9642

@SunandMoonYoga

**Current Schedule is always available at www.sunandmoonpr.com