

Schedule of Classes (updated August 1, 2019)

SUNDAY

**Healthworks, Painted Post
Kundalini Yoga
11:00 am**

MONDAY

**Keuka Peaceful Roots,
Hammondsport
Kundalini Yoga
6:00 pm (class time changes to
5:30pm as of Sept. 1, 2019)**

TUESDAY

**Chair Yoga @ Cindy Hayes Massage
Therapy, Campbell ~ 10:00 am**
**Cohocton Library, Cohocton
Kundalini Yoga ~6:00 pm FREE or
friendly donation.
(2x's/month ~ check Lib. Website)**

WEDNESDAY

**Private Class ~ Visitors Welcome
Corning ~ 12:00 pm**
To attend text me @ (607)664-6640

THURSDAY

**Healing Spirits Herb Farm,
Wallace
Kundalini Yoga
6:00 pm**

FRIDAY

SATURDAY

NOTES:

*Kundalini yoga is for **EVERYBODY**. It is suitable for all ages and stages. No prior yoga experience necessary. Come as you are and let your light shine! Sat Nam!*