



BE HERE
YOGA

YOGA WEEKLY SCHEDULE

MONDAY

6:00 BE AWAKE
9:00 BE GENTLE
10:30 BE YIN THE
MOMENT 12:00 BE
SEATED 6:00 BE
HATHA HAPPY

TUESDAY

9:00 BE HATHA HAPPY
10:30 BE RADIANT
4:30 TAI CHI
6:00 BE POWERFUL

WEDNESDAY

6:00 BE AWAKE
9:00 BE GENTLE
10:30 CORE STRENGTH
FLOW
12:00 BE SEATED
6:30 BE HEATED

THURSDAY

9:00 BE IN THE FLOW
10:30 BE GENTLE
5:30 BE IN THE MIX

FRIDAY

9:00 BE GENTLE
10:30 CORE STRENGTH FLOW
6:30 BE RESTORED, BE
PAMPERED OR BE
CONNECTED

SATURDAY

9:00 BE GENTLE
10:30 BE IN THE FLOW
AFTERNOON EVENTS AND
WORKSHOPS

SUNDAY

9:00 BE
POWERFUL
10:30 BE GENTLE

