



## MONDAY - We are closing after Restorative Yoga on Mondays, Dec 24th & Dec 31st for holidays

Yin Yoga - Great for beginners	9:00 - 10:15 am	Marie
Rest & Restore - Great for beginners and all levels	10:45 am - 12:00 pm	Joyce
Mindful Flow	5:30 - 6:45 pm	Jane

## TUESDAY - Closed Christmas Day, Workshops only on New Years Day

Aerial Kick	7:00 - 7:30 am	Carey
Gentle Stretch - Great for beginners	9:00 - 10:15 am	Carey
Vinyasa Flow	5:30 - 6:30 pm	Janina
Yin Yoga - Great for beginners	7:00 - 8:15 pm	Carey

## WEDNESDAY

Gentle Stretch - Great for beginners	9:00 - 10:15 am	Carey
Rest & Restore - Great for beginners and all levels	10:45 am - 12:00 pm	Joyce
Aerial Gym	12:15 pm - 1:00 pm	Carey
Align & Flow	6:00 - 7:00 pm	Cecelia

## THURSDAY - Closed on Nov 22nd for Thanksgiving

Aerial Kick	7:00 - 7:30 am	Carey
Gentle Stretch - Great for beginners	9:00 - 10:15 am	Carey
Mindful Healing Flow <b>Suggested donation \$10</b>	5:30 - 6:45 pm	Melissa V.
Yin Yoga - Great for beginners	7:00 - 8:15 pm	Carey

## FRIDAY

Ashtanga Vinyasa Flow	9:00 - 10:15 am	Melissa O.
Rest & Restore - Great for beginners	10:45 am - 12:00 pm	Joyce

## SATURDAY

Perfect Beginner - Great for beginners	8:30 - 9:45 am	Cecelia
Vinyasa Flow	10:00 - 11:00 am	Melissa O.

## SUNDAY

<b>\$15</b> Yin Yoga - Great for beginners	10:00 am - 11:15 am	Carey
<b>\$5</b> Community Yoga	1:00 - 2:00 pm	Marie
Mindfulness Meditation in the Zen Nook	2:15 - 2:45 pm	Marie
<b>\$15</b> Unplug, Relax & Restore - Great for beginners and all levels	3:00 - 4:15 pm	Joyce
Candlelight Music & Meditation - suggested donation \$10-\$15	7:00 - 7:45 pm	Dr. Greg Ling

↳ Every Sunday evening except on workshop days.

**\$15 Walk-In classes • \$10 Students & Seniors 65+ • Buy one of our yoga packs and save!**

**2018 CHRISTMAS BOUTIQUE • Saturday, December 8th • 4:00 - 7:00PM**

Join local artisans for an evening of shopping and refreshments!  
Be prepared to find perfect gifts: art, crafts, jewelry, fair trade gifts,  
Otherworldly Botanicals, Bodhi Tree Juices, and more!

**235 Fulton St Suite 200 • Grand Haven • LakeshoreYoga.com**