

Roots Yoga + Movement

Spring 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9am community class \$10 donation rotating teachers</p> <p>6pm restorative yoga liz</p>	<p>9:30am slow flow britney</p> <p>6:15pm yoga therapy (75') sylvie</p>	<p>4:30pm core + pelvic floor (60') amy</p> <p>6pm core + pelvic floor (75') amy</p>	<p>9:30am strength + mobility julie</p> <p>4:30pm yoga for healthy aging jackie</p> <p>6:15pm yoga therapy (75') jackie</p>	<p>9am slow flow britney</p>	<p>9:30am strength + mobility julie</p> <p>12pm chair yoga: stretch + strengthen (45') yalith</p> <p>6:30pm meridian yin (90') islay *1x/month</p>	<p>9am queer yoga yalith</p> <p>10:15am kundalini yoga yoga for stress+ anxiety shanell</p>

*all classes are 60' unless indicated

www.rootsspecialtyservices.com