

# MARCH 2020

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Find your yourself.

## WEEKLY SCHEDULE

NOTE: All classes are subject to change. Check MindBody or [www.theyogatreeregardner.com](http://www.theyogatreeregardner.com) to get updates and changes

All classes are one-hour long unless otherwise noted

\* Class is beginner friendly



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 AM	<b>Gentle Hatha *</b> with Danielle						<b>90-minute Vinyasa</b> with Jessica W.
9:30 AM		<b>Doga Yoga *</b> with Jennifer	<b>Gentle Flow</b> with Stacey	<b>All Levels</b> with Cara	<b>Gentle/Beginner*</b> with Jennifer	<b>Gentle/Beginner*</b> with Jennifer	
3:00 PM	<b>Karma Klass</b> with Jay Janell					<p><b>Specialty Classes &amp; Workshops</b></p> <p><u>Friday March 6<sup>th</sup> – 6:30PM</u> 90-minute Fundraiser Flow w/ Caitlin Smith</p> <p><u>Friday, March 20<sup>th</sup> – 6PM</u> Candlelight Restorative Reiki w/ Jennifer</p> <p><u>Saturday, March 21<sup>st</sup> – 4-6PM</u> Spring Ayurveda Workshop w/ Jennifer Peck</p> <p><u>Friday, March 27<sup>th</sup> – 6PM</u> Arm Balances &amp; Inversions w/ Jessica Wyson</p>	
6:00 PM	<b>Restorative Yoga</b> with Danielle *	<b>Yoga 4 Every Body</b> with Hattie *	<b>Vinyasa Flow</b> with Kelsey	<b>Gentle / Beginner*</b> with Jennifer	<b>All Levels *</b> with Lisa		
7:15 PM			<b>Yoga for Recovery</b> with Kelsey				
7:30 PM		<b>Gentle Stretch &amp; Restorative</b> with Danielle *		<b>Upbeat Vinyasa</b> with Cara	<b>90-minute Power</b> with Jessica		
<p>All regularly scheduled classes above are \$12 each.</p> <p>Unlimited Membership = \$80    Unlimited Morning membership (9:30AM class only) = \$60</p> <p>Karma Klass is taught by a teacher in training and is a free class. It will go for 8-weeks (with Easter off).</p>							

