

WCC HEALING ARTS SCHEDULE

Featuring Teachers from the Third Eye Yoga Collective

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
Sunday Rise & Shine Flow w/mild heat, level 2 (Heather Castagnaro) 9:30AM	Mat Pilates all levels, no heat (Jennifer Davidson) 4PM	Morning Flow w/ very mild heat, level 2 (Mar'Kee Thomas) 10AM	Beginner Friendly Hatha/Vinyasa mix w/very mild heat, level 1/2 (Heather C.) 5:45PM
Gentler Hatha Yoga beg. friendly, w/ very mild heat, level 1 (Heather Castagnaro) 11AM	Mat Pilates ONLINE option (Jennifer Davidson) 4PM	ONLINE option 10AM	Yin & Zen, Deep stretching and restorative yoga w/ very mild heat, level 1 (Meng) 7:15PM
Soulful Sundays Flow & Let Go, w/ very mild heat, level 2 (rotating teachers) 4PM-5:15PM	Beg. Friendly Hatha/Vinyasa Mix w/ very mild heat, level 1/2 (Heather C.) 5:45PM	Slow Flow w/ very mild heat, level 2 (Jacki Libby) 5:45PM	ONLINE option 7:15PM
Restorative Yoga with Candlelight, w/ very mild heat, level 1 (Meng Le) 6PM	Slow Flow, w/ very mild heat, level 2 (Ruth Febo) 7:15PM	Restorative Yoga: Practicing the Radical Art of Relaxation, w/very mild heat, level 1 (Jacki Libby) 7:15PM	
ONLINE option 6PM	ONLINE option 7:15PM		
THURSDAY	FRIDAY	SATURDAY	
Gentle Bhakti Flow w/very mild heat, level 1 (Mar'Kee T.) 10AM	Vinyasa Yoga: Energy, Form and Flow w/ mild heat, level 1/2 (Cindy Boulter) 9:30AM	YinYasa w/ very mild heat, level 2/3 (Theresa Murphy) 9AM-10:15AM	
ONLINE option 10AM	ONLINE option 9:30AM	ONLINE option 9AM-10:15AM	
Mat Pilates all levels, no heat (Jennifer D.) 4PM	Gentler Hatha Yoga w/ no heat, level 1 (Jordan Murphy) 4:30PM	Yoga Therapy and Somatic Movement w/ very mild heat, level 1 (Theresa M.) 10:30AM	
ONLINE option 4PM	ONLINE option 4:30PM	Beginner Friendly Hatha/Vinyasa Mix w/ very mild heat, level 1/2 (Ruth) 11:45AM	
Beginner friendly Hatha/Vinyasa Mix w/ very mild heat, level 2 (Jennie Backstrom) 5:30PM	ONLINE option 4:30PM	ONLINE option 11:45AM	
ONLINE option 5:30PM	Friday night Wind Down- Slow Flow & Restore w/ mild heat, level 2 (rotating teachers) 6PM-7:15PM		
Restorative Yoga with Candlelight w/ very mild heat, level 1 (Gabrielle Navarro) 7PM			
ONLINE option 7PM			

