

WCC HEALING ARTS SCHEDULE

Featuring Teachers from the Third Eye Yoga Collective

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Sunday Sunrise Tai Chi w/ Rick, all levels 8AM 🔥*</p> <p>Rise & Shine Flow w/ Heather, level 2 9:30AM 🔥🔥</p> <p>Gentler Hatha Yoga beg. Friendly w/ Heather, level 1 11AM 🔥</p> <p>Restorative Yoga with Candlelight w/ Meng, level 1 5:45PM *</p> <p>Soulful Sundays Flow & Let Go w/ Jeanine, level 2 7:15PM 🔥*</p>	<p>Mat Pilates w/ Jennifer, all levels 4PM *</p> <p>Beg. Friendly Hatha/Vinyasa Mix w/ Heather, level 1/2 5:45PM 🔥</p> <p>Slow Flow w/ Ruth, level 2 7:15PM 🔥*</p>	<p>Morning Flow w/ Mar'Kee, level 2 10AM 🔥*</p> <p>Slow Flow w/ Jacki, level 2 5:45PM 🔥*</p> <p>Restorative Yoga: Practicing the Radical Art of Relaxation w/ Jacki, level 1 7:15PM 🔥</p>	<p>Beginner Friendly Hatha/Vinyasa Mix w/ Heather, level 1/2 5:45PM 🔥</p> <p>Yin & Zen, Deep Stretching & Restorative Yoga w/ Meng, level 1 7:15PM 🔥*</p>
			<p>KEY</p> <p>* ONLINE CLASS ALSO OFFERED</p> <p>🔥 VERY MILD HEAT</p> <p>🔥🔥 MILD HEAT</p>
THURSDAY	FRIDAY	SATURDAY	
<p>Gentle Bhakti Flow w/ Mar'Kee, level 1 10AM 🔥*</p> <p>Mat Pilates w/ Jennifer, all levels 4PM *</p> <p>Beginner-friendly Hatha/Vinyasa Mix w/ Jennie, level 2 5:30PM 🔥*</p> <p>Restorative Yoga with Candlelight w/ Gabrielle, level 1 7PM 🔥*</p>	<p>Vinyasa: Energy, Form & Flow w/ Cindy, level 1/2 9:30AM 🔥🔥*</p> <p>Gentler Hatha Yoga w/ Jordan, level 1 4:30PM *</p> <p>Prenatal Yoga w/ Jordan, all levels 5:45PM</p>	<p>Morning Flow w/ Mar'Kee, level 2 9AM 🔥*</p> <p>Intuitive Flow w/ Sara-Grace, all levels 10:15AM 🔥*</p> <p>Beginner Friendly Hatha/Vinyasa Mix w/ Ruth, level 1/2 11:45AM 🔥*</p>	<p>REGISTER HERE</p> 

