

WCC HEALING ARTS SUMMER SCHEDULE

Featuring Teachers from the Third Eye Yoga Collective

SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<p>Sunday Sunrise Tai Chi w/ Rick, all levels 8 AM</p> <p>Rise & Shine Flow w/ Heather, level 2 9:30 AM</p> <p>Gentler Hatha Yoga beg. Friendly w/ Heather, level 1 11 AM</p> <p>Soulful Sundays Flow & Let Go w/ Jeanine, level 2 5:45 PM *</p> <p>Week-end Reset: Yin/Restorative Combo w/Jeanine, level 1 7:15 PM</p>	<p>Solar Flow w/ Gabrielle, level 1/2 7 AM</p> <p>Mat Pilates w/ Sara-Grace, all levels 4 PM *</p> <p>Beg. Friendly Hatha/Vinyasa Mix w/ Heather, level 1/2 5:45 PM</p> <p>Slow Flow w/ Ruth, level 2 7:15 PM *</p>	<p>Mat Pilates w/ Aubrey, all levels 7 AM</p> <p>Morning Flow w/ Mar'Kee, level 2/3 10 AM *</p> <p>Slow Flow w/ Jacki, level 2 5:45 PM *</p> <p>Hatha w/ Meng, level 1/2 7:15 PM</p>	<p>Solar Flow w/ Gabrielle, level 1/2 7 AM</p> <p>Beginner Friendly Hatha/Vinyasa Mix w/ Heather, level 1/2 5:45 PM</p> <p>Yin & Zen, Deep Stretching & Restorative Yoga w/ Meng, level 1 7:15 PM *</p>
			<p>KEY</p> <p>* ONLINE CLASS ALSO OFFERED</p> <p>WE KEEP THE STUDIO COOL & COMFORTABLE FOR THE SUMMER MONTHS</p>
THURSDAY	FRIDAY	SATURDAY	
<p>Gentle Bhakti Flow w/ Mar'Kee, level 1 10 AM *</p> <p>Beginner-friendly Hatha/Vinyasa Mix w/ Jennie, level 2 5:45 PM *</p> <p>Restorative Yoga with Candlelight w/ Gabrielle, level 1 7:15 PM *</p>	<p>Vinyasa: Energy, Form & Flow w/ Sherylynn, level 2 9:30 AM *</p> <p>Gentler Hatha Yoga w/ Jordan, level 1 4:30 PM *</p>	<p>Morning Flow w/ Mar'Kee, level 2/3 9 AM *</p> <p>Intuitive Flow w/ Sara-Grace, all levels 10:15 AM *</p>	<p>REGISTER HERE</p>  