

STUDIO SATYA

YOGA • MEDITATION • COMMUNITY
1308 Anderson Ln • Suite A • Austin, TX 78757
StudioSatya.com • 512.400.0168

Spring Schedule

JANUARY - MAY 2024

All of our offerings are led by skilled and informed teachers who will help address each student's needs to the best of their ability in a public setting. We welcome all skill and fitness levels, beliefs, bodies, and ages.

MONDAY

7:30a	Mindful Morning Practice ³⁰	Mary
9:00a	Playful Core Flow ⁶⁰	Kelly B
★ 10:30a	Integrative Hatha ⁶⁰	John
12:00p	Vinyasa ⁶⁰	Mary
4:30p	Slow Flow ⁶⁰	Jenna
★ 4:30p	Kids Yoga ⁶⁰	Hollie
6:00p	Yin Reset ⁷⁵	Hollie
○ 8:00p	Community Connection & Meditation ⁶⁰	Mandy

TUESDAY

7:00a	Sunrise Flow ⁴⁵	Mary
9:00a	Hatha Flow ⁶⁰	Hollie
10:30a	Integrative Hatha ⁷⁵	Katie
12:00p	Slow Flow ⁶⁰	Karlie
4:30p	Breathwork Flow ⁶⁰	Siara
6:00p	Hatha ⁷⁵	Karlie

WEDNESDAY

○ 7:30a	Mindful Morning Breathwork ³⁰	Lisa
9:00a	Vinyasa ⁶⁰	Mary
10:30a	Hatha ⁶⁰	Karlie
12:00p	Vinyasa ⁶⁰	Mary
4:30p	Flow & Restore ⁶⁰	Jenna
6:00p	Candlelight Flow ⁷⁵	Mary
★ 6:00p	Prenatal ⁷⁵	Shirley

THURSDAY

7:00a	Sunrise Flow ⁴⁵	Shirley
9:00a	Hatha Flow ⁶⁰	Karlie
12:00p	Slow Flow ⁶⁰	Karlie
6:00p	Hatha & Sound ⁶⁰	Jessica
○ 7:00p	Community Meditation ⁶⁰	Katie

FRIDAY

○ 7:30a	Mindful Morning Practice ³⁰	Mandy
9:00a	Vinyasa ⁶⁰	Kelly B
★ 10:30a	Parent & Child ⁶⁰	Hollie
12:00p	Slow Flow ⁶⁰	Jessica
12:00p	Yoga Nidra for Integration & Inquiry ⁶⁰	Shelia
4:30p	Gentle Hatha ⁶⁰	Mary
6:00p	Candlelight Flow ⁷⁵	Mary

SATURDAY

9:00a	Vinyasa ⁶⁰	Mary
★ 9:00a	Prenatal ⁶⁰	Shirley
10:30a	Slow Flow ⁶⁰	Rachel
★ 10:30a	Baby & Me ⁶⁰	Shirley
12:00p	Gentle Hatha ⁷⁵	Mary
★ 1:30p	Yoga for Moms ⁷⁵	Rotating

SUNDAY

9:00a	Hatha ⁷⁵	Lisa
9:45a	Mantra & Meditation ³⁰	Divya
10:30a	Vinyasa ⁷⁵	Karlie
★ 10:30a	Crawlers & Toddlers ⁷⁵	Hollie
1:30p	Hatha Flow ⁶⁰	Quentin
★ 1:30p	Kids Yoga ⁶⁰	Hollie
★ 3:00p	Yoga for Tweens ⁶⁰	Hollie
★ 4:15p	Yoga for Teens ⁶⁰	Hollie
5:30p	Yoga for Stress Management ⁶⁰	Susan

SCHEDULE KEY

DIFFICULTY	ATTENDANCE
Gentle Practice	● In-Person & Online
All Levels Practice	○ Online Only
Active Practice	★ In-Person Only

All class lengths noted as 30, 45, 60, or 75 minutes long. Doors are locked 7 minutes after the beginning of class.

StudioSatya.com has class descriptions, and is always updated to reflect class changes or substitute teachers.