



Gentle Movement/Practice



All Levels Practice



Active Practice

♥ In-Person and Online

★ In-Person Only

○ Online Only

AUTUMN SCHEDULE

SEPTEMBER-DECEMBER 2023

All Class Lengths noted below as 30, 45, 60, or 75 minutes

StudioSatya.com is always updated to reflect class changes or substitute teachers

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30a			Hatha Flow ⁶⁰ Shirley ○				
7:00a		Sunrise Flow ³⁰ Amelia ○		Sunrise Flow ³⁰ Mandy ○			
7:30a	Mindful Morning Practice ³⁰ Mary ○		Mindful Morning Breathwork ³⁰ Lisa ○		Mindful Morning Practice ³⁰ Lisa ○		
9:00a	Vinyasa ⁶⁰ Mary	Hatha Flow ⁶⁰ Hollie	Playful Core Flow ⁶⁰ Kelly B	Hatha Flow ⁶⁰ Karlie	Vinyasa ⁶⁰ Kelly B	Vinyasa ⁷⁵ Mary	Hatha ⁷⁵ Amelia
9:45a							Mantra & Meditation ³⁰ Divya
10:30a		Integrative Hatha ⁷⁵ Katie	Hatha ⁶⁰ Karlie		Crawlers & Toddlers ⁷⁵ Hollie ★	Slow Flow ⁶⁰ Courtney	Vinyasa ⁷⁵ Karlie
						Baby & Me ⁶⁰ Shirley ★	Crawlers & Toddlers ⁷⁵ Hollie ★
12:00p	Vinyasa ⁶⁰ Mary	Slow Flow ⁶⁰ Karlie	Vinyasa ⁶⁰ Mary	Vinyasa ⁶⁰ Karlie	Slow Flow ⁶⁰ Jessica	Gentle Hatha ⁷⁵ Mary	
					Yoga Nidra for Integration & Inquiry ⁶⁰ Shelia		
1:30p							Hatha Flow ⁶⁰ Quentin
							Kids Yoga ⁶⁰ Hollie ★
3:00p	Yoga for Teens ⁶⁰ Hollie						Yoga for Tweens ⁶⁰ Hollie
4:30p	Slow Flow ⁶⁰ Jenna	Breathwork Flow ⁶⁰ Siara	Flow & Restore ⁶⁰ Jenna		Gentle Hatha ⁶⁰ Mary		
	Kids Yoga ⁶⁰ Hollie ★						
5:30p							Yoga for Stress Management ⁷⁵ Jeana
6:00p	Yin Reset ⁷⁵ Hollie	Hatha ⁷⁵ Karlie	Candlelight Flow ⁷⁵ Mary	Gentle Flow ⁶⁰ Jessica	Candlelight Flow ⁷⁵ Mary		
			Prenatal ⁷⁵ Shirley ★				
7:00p				Community Meditation ⁶⁰ Katie ○			
7:30p			Meditation & Journaling ⁴⁰ Divya ○				
8:00p	Yoga Nidra for Connection & Restoration ⁶⁰ Mandy ○						