Yoga Schedule

5106 NW Waukomis Dr.,
Kansas City, MO 64151
816-377-2965

www.facebook.com/inblissyoga

Monday

5:30 – 7:00	Ashtanga Mix (2-3) *Marti*
5:30 – 6:30	Basic (1) *Starr*
7:00 – 8:00	Yoga Combo (1-2) *Marti*

Tuesday

10:00 – 11:00	Basic (1) *Marti*
5:30 – 7:00	Ashtanga Mix (2-3) *Starr*
5:30 – 6:30	Basic (1) *Marti*
7:00 – 8:00	Yoga Combo (1-2) *Starr*

Wednesday

5:30 – 6:30	Rock Star Arm Balance (3) *Starr*
5:30 – 6:30	Yoga Combo (1-2) *Ian*
7:00 – 8:00	Yoga Combo (1-2) *Marti*

Thursday

10:00– 11:00	Ashtanga Mix (2-3) *Marti*
5:30 – 6:30	Ashtanga Mix (2-3) *Marti / Starr*
5:30 – 6:30	Basic (1) *Marti / Starr*
7:00 – 8:00	Basic (1) *Jeannine*
7:00 – 8:00	Ashtanga Mix (2-3) *Robin*

Thursday is Yoga for the People! All classes are supported by love donations!

Friday

10:00– 11:00	Rest & Restore (1)

Saturday

9:00 – 10:00	Basic (1) *Starr*
9:00 – 10:00	Ashtanga Mix (2-3) *Marti / Amy / Amanda*
10:30 – 11:30	Yoga Combo (1-2) *Marti / Amy / Amanda*
10:30 – 11:30	Rock Star Arm Balance (3) *Starr*

Sunday

10:00 – 11:00	Sangha Social Hour
11:00 – 12:30	Sangha Yoga & Dharma Talk

Class descriptions on reverse side.