



**8 Week Schedule October 11th – Dec 5th, 2021**

*Check online for holiday & schedule changes*

2319 Lee Road - Cleveland Hts. 216-371-9760 www.lotusflowerllc.com

**Monday Tuesday Wednesday Thursday Friday Saturday Sunday**

**Shaded - Students who have significant prior yoga experience &/or with permission.**

**Shaded - Donation based classes. Please consider a donation to the Cleveland Food Bank**

**Classes with \* - Online class only.**

9:30-10:45 AM <b>Healthy Backs *</b> Back Studio Michelle	9:15-10:45 AM <b>Foundation B *</b> Back Studio Jyotsna		9:15-10:45 AM <b>Intermediates</b> Front Studio Sali		9:00-10:15 AM <b>Vin to Yin</b> Back Studio Bethany	8:30-10:00 AM <b>Intermediates</b> Front Studio Atmarupa
9:30-10:45 AM <b>Foundation A</b> Front Studio Devadhyanam	9:30-10:45 AM <b>Foundation A</b> Front Studio Katarina	9:15-10:30 AM <b>All Levels</b> Front Studio Katarina		9:30-11:00 AM <b>Foundation B *</b> Front Studio Devadhyanam	10:30-11:45 AM <b>Yoga for Anxiety</b> Front Studio Atmarupa	9:00-10:15 AM <b>Slow Flow &amp; More</b> Back Studio Julie
	10:30 - 11:45 <b>Slow Strength Flow</b> Back Studio Mary Laura	10:30 – 11:45 AM <b>Ashtanga Foundations</b> Back Studio Kory	1:00-2:00 <b>Chair Yoga</b> Front Studio Linda E-W	12:00-1:00 PM <b>All Levels</b> Front Studio Jyotsna		10:30-11:45 AM <b>Foundation A</b> Front Studio Atmarupa
5:30-6:15 PM <b>Breathe &amp; Heal *</b> Front Studio Atmarupa	4:00-5:30 PM <b>Healthy Aging</b> Front Studio Deb Klein	12:00-1:15 PM <b>Foundation A*</b> Front Studio Linda K				
6:00 -7:15 PM <b>Ashtanga ½ Series</b> Front Studio Kory		6:00-7:15 PM <b>Slow Flow &amp; More</b> Back Studio Julie	5:30-6:15 PM <b>Yoga Nidra/Med 1</b> Front Studio Devadhyanam		4:30-5:00 PM <b>Chanting (free)</b> separate link Atmarupa	
6:30-7:30 PM <b>Yoga Nidra/Med 2</b> Front Studio Atmarupa	6:15-7:30 PM <b>Healthy Backs</b> Front Studio Julie	6:30-8:00 PM <b>Intermediates *</b> Front Studio Atmarupa	6:30-7:45 PM <b>Vin to Yin</b> Front Studio Bethany		<b>Private Yoga Classes &amp; Yoga Therapy Available to Fit Your Schedule. Call or Check Online.</b>	

