

Class Schedule Winter 2022

2319 Lee Road - Cleveland Hts. 216-371-9760 www.lotusflowercleveland.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						

9:00 - 10:15 All Levels Vinyasa The Lotus Room Mary Laura	9:15-10:45 AM Foundation B * Back Studio Jyotsna	9:00- 10:15 All Levels Vinyasa The Lotus Room Mary Laura	9:15-10:45 AM Intermediates Front Studio Sali	9:00-10:15 AM All levels Vinyasa Back Studio Ashley	9:00-10:15 AM All Levels Vinyasa Back Studio Deanna	8:30-10:00 AM Intermediates Front Studio Atmarupa
9:30-10:45 AM Healthy Backs * Back Studio Linda Kabat	9:30-10:45 AM Foundation A Front Studio Katarina	9:15-10:30 AM All Levels Front Studio Katarina		9:30-11:00 AM Foundation B * Front Studio Devadhyanam	10:30-11:45 AM Yoga for Anxiety Front Studio Atmarupa	9:00-10:15 AM All Levels Vinyasa Back Studio Julie
9:30-10:45 AM Foundation A Front Studio Devadhyanam			1:00-2:00 Chair Yoga Front Studio Linda E-W	12:00-1:00 PM All Levels Front Studio Jyotsna		10:30-11:45 AM Foundation A Front Studio Atmarupa
5:30-6:15 PM Breathe & Heal * Front Studio Atmarupa	4:00-5:30 PM Healthy Aging Front Studio Deb Klein	12:00-1:15 PM Foundation A* Front Studio Linda K			4:30-5:00 PM Chanting (free) separate link Atmarupa	
		6:00-7:15 PM All Levels Vinyasa Back Studio Julie	5:30-6:15 PM Yoga Nidra/Med 1 Front Studio Devadhyanam			
6:30-7:30 PM Yoga Nidra/Med 2 * Front Studio Atmarupa	6:15-7:30 PM Healthy Backs Front Studio Julie	6:30-8:00 PM Intermediates * Front Studio Atmarupa			Private Yoga classes & Yoga therapy available to fit your schedule. Call or check online	