

YOGA ...together again... OUTDOORS ...with social distancing

JUNE 2020 at In Bloom Nursery (note changes each week)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9-10 am FlowYoga- Jennifer 11am-12 Gentle Yoga - Lauren 6-7pm Prana Danda - Steve	4:30-5:45pm Flow Level 2 - Mo	9-10 am FlowYoga - Rosie 6-7pm Energetic Flow - Kimberly	4:30-5:45pm Forrest Yoga - Lisa	9-10 am FlowYoga - Melissa	9-10:15 am Flow - Mo
9-10 am Yin Flow - Pam 11am-12 Gentle Yoga - Lauren 6-7pm Prana Danda - Steve	4:30-5:45pm Ashtanga Flow Izzy	9-10 am FlowYoga - Rosie 6-7pm Energetic Flow - Kimberly	4:30-5:45pm Forrest Yoga - Lisa	9-10 am FlowYoga - Melissa	9-10:15 am ForrestYoga- Lisa
9-10 am Yin Flow - Pam 11am-12 Gentle Yoga - Lauren 6-7pm Prana Danda - Steve	4:30-5:45pm Flow Level 2 - Mo	9-10 am FlowYoga - Rosie 6-7pm Energetic Flow - Kimberly	4:30-5:45pm Forrest Yoga - Lisa	9-10 am FlowYoga - Melissa	9-10:15 am ForrestYoga- Lisa
9-10 am Yin Flow - Pam 11am-12 Gentle Yoga - Lauren 6-7pm Prana Danda - Steve	4:30-5:45pm Flow Level 2 - Mo	9-10 am FlowYoga - Jennifer 6-7pm Energetic Flow - Kimberly	4:30-5:45pm Forrest Yoga - Lisa	9-10 am ForrestYoga - Lisa	9-10:15 am Flow - Mo
9-10 am Yin Flow - Pam 11am-12 Gentle Yoga - Lauren 6-7pm Prana Danda - Steve	4:30-5:45pm Flow Level 2 - Mo				

Cash donations accepted • Bring your own mat & props

PLEASE RESPECT SOCIAL DISTANCING GUIDELINES FOR EVERYONE'S SAFETY

Sponsored by

Yoga Caliente - The Gym, Open Spaces Yoga Center & In Bloom Nursery

- Details on our FB & Instagram pages •

