


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>29</p> <ul style="list-style-type: none"> <li>1:00 PM FlowYin w/ Live Music - Vonda</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Woody</li> <li>9:30 AM L1 Gentle - Woody</li> <li>11:00 AM Intro to Dance - Sandra</li> <li>4:00 PM L1 Vinyasa - Sandra</li> <li>5:30 PM L1 Gentle - Carolina</li> <li>7:00 PM FlowYin - Carolina</li> </ul>	<p>1</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Alex</li> <li>9:30 AM L1 Gentle - Amie</li> <li>11:00 AM Chair Yoga - Amie</li> <li>5:30 PM L1 Gentle - Carolina</li> <li>6:30 PM Pause 30 - Carolina</li> <li>7:00 PM Yin/Restorative - Carolina</li> </ul>	<p>2</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Carolina</li> <li>9:00 AM AB 30 - Carolina</li> <li>9:30 AM L1 Gentle - Carolina</li> <li>5:30 PM All Levels - Vonda</li> <li>7:00 PM Yin/Restorative - Vonda</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>8:00 AM L1 Vinyasa - Vonda</li> <li>9:30 AM L1 Gentle - Nancy</li> <li>11:00 AM Chair Yoga - Nancy</li> <li>12:30 PM Yoga Nidra - Nancy</li> <li>5:30 PM L1 Gentle - Brie Bunn</li> <li>7:00 PM FlowYin - Margaret Smith</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Vonda</li> <li>9:30 AM Yin/Restorative - Alex</li> <li>2:30 PM Mommy &amp; Baby - Lindsay Smith</li> <li>5:30 PM L1 Gentle - Loretta</li> <li>7:00 PM Yin/Restorative - Loretta</li> </ul>	<p>5</p> <p><b>Cinco de Mayo</b></p> <ul style="list-style-type: none"> <li>7:30 AM L2 Vinyasa - Woody</li> <li>10:30 AM Community - All Levels - Woody</li> </ul>
<p>6</p> <ul style="list-style-type: none"> <li>1:00 PM All Levels - Margaret Smith</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Woody</li> <li>9:30 AM L1 Gentle - Woody</li> <li>11:00 AM Intro to Dance - Sandra</li> <li>4:00 PM L1 Vinyasa - Sandra</li> <li>5:30 PM L1 Gentle - Linda</li> <li>7:00 PM FlowYin - Linda</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Alex</li> <li>9:30 AM L1 Gentle - Amie</li> <li>11:00 AM Chair Yoga - Amie</li> <li>5:30 PM L1 Gentle - Carolina</li> <li>6:30 PM Pause 30 - Carolina</li> <li>7:00 PM Yin/Restorative - Carolina</li> </ul>	<p>9</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Carolina</li> <li>9:00 AM AB 30 - Carolina</li> <li>9:30 AM L1 Gentle - Carolina</li> <li>5:30 PM All Levels - Vonda</li> <li>7:00 PM Yin/Restorative - Vonda</li> </ul>	<p>10</p> <ul style="list-style-type: none"> <li>8:00 AM L1 Vinyasa - Vonda</li> <li>9:30 AM L1 Gentle - Linda</li> <li>11:00 AM Chair Yoga - Linda</li> <li>5:30 PM L1 Gentle - Brie Bunn</li> <li>7:00 PM FlowYin - Margaret Smith</li> </ul>	<p>11</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Vonda</li> <li>9:30 AM Yin/Restorative - Alex</li> <li>2:30 PM Mommy &amp; Baby - Lindsay Smith</li> <li>5:30 PM L1 Gentle - Loretta</li> <li>7:00 PM Yin/Restorative - Loretta</li> </ul>	<p>12</p> <ul style="list-style-type: none"> <li>7:30 AM L2 Vinyasa - Woody</li> <li>10:30 AM Community - All Levels - Debra Sixta</li> </ul>
<p>13</p> <p><b>Mother's Day</b></p> <ul style="list-style-type: none"> <li>1:00 PM All Levels - Margaret Smith</li> </ul>	<p>14</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Woody</li> <li>9:30 AM L1 Gentle - Woody</li> <li>11:00 AM Intro to Dance - Sandra</li> <li>4:00 PM L1 Vinyasa - Sandra</li> <li>5:30 PM L1 Gentle - Linda</li> <li>7:00 PM FlowYin - Linda</li> </ul>	<p>15</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Alex</li> <li>9:30 AM L1 Gentle - Amie</li> <li>11:00 AM Chair Yoga - Amie</li> <li>5:30 PM L1 Gentle - Carolina</li> <li>6:30 PM Pause 30 - Carolina</li> <li>7:00 PM Yin/Restorative - Carolina</li> </ul>	<p>16</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Carolina</li> <li>9:00 AM AB 30 - Carolina</li> <li>9:30 AM L1 Gentle - Carolina</li> <li>5:30 PM All Levels - Vonda</li> <li>7:00 PM Yin/Restorative - Vonda</li> </ul>	<p>17</p> <ul style="list-style-type: none"> <li>8:00 AM L1 Vinyasa - Vonda</li> <li>9:30 AM L1 Gentle - Nancy</li> <li>11:00 AM Chair Yoga - Nancy</li> <li>5:30 PM L1 Gentle - Brie Bunn</li> <li>7:00 PM FlowYin - Margaret Smith</li> </ul>	<p>18</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Vonda</li> <li>9:30 AM Yin/Restorative - Alex</li> <li>2:30 PM Mommy &amp; Baby - Lindsay Smith</li> <li>5:30 PM L1 Gentle - Loretta</li> <li>7:00 PM Yin/Restorative - Loretta</li> </ul>	<p>19</p> <ul style="list-style-type: none"> <li>7:30 AM L2 Vinyasa - Woody</li> <li>10:30 AM Community - All Levels - Sandra</li> </ul>
<p>20</p> <ul style="list-style-type: none"> <li>1:00 PM All Levels - Margaret Smith</li> </ul>	<p>21</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Woody</li> <li>9:30 AM L1 Gentle - Woody</li> <li>11:00 AM Intro to Dance - Sandra</li> <li>4:00 PM L1 Vinyasa - Sandra</li> <li>5:30 PM L1 Gentle - Linda</li> <li>7:00 PM FlowYin - Linda</li> </ul>	<p>22</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Alex</li> <li>9:30 AM L1 Gentle - Amie</li> <li>11:00 AM Chair Yoga - Amie</li> <li>5:30 PM L1 Gentle - Carolina</li> <li>6:30 PM Pause 30 - Carolina</li> <li>7:00 PM Yin/Restorative - Carolina</li> </ul>	<p>23</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Carolina</li> <li>9:00 AM AB 30 - Carolina</li> <li>9:30 AM L1 Gentle - Carolina</li> <li>5:30 PM All Levels - Vonda</li> <li>7:00 PM Yin/Restorative - Vonda</li> </ul>	<p>24</p> <ul style="list-style-type: none"> <li>8:00 AM L1 Vinyasa - Vonda</li> <li>9:30 AM L1 Gentle - Nancy</li> <li>11:00 AM Chair Yoga - Nancy</li> <li>5:30 PM L1 Gentle - Brie Bunn</li> <li>7:00 PM FlowYin - Margaret Smith</li> </ul>	<p>25</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Vonda</li> <li>9:30 AM Yin/Restorative - Alex</li> <li>2:30 PM Mommy &amp; Baby - Lindsay Smith</li> <li>5:30 PM L1 Gentle - Loretta</li> <li>7:00 PM Yin/Restorative - Loretta</li> </ul>	<p>26</p> <ul style="list-style-type: none"> <li>7:30 AM L2 Vinyasa - Woody</li> <li>10:30 AM Community - All Levels - Debra Sixta</li> </ul>
<p>27</p> <ul style="list-style-type: none"> <li>1:00 PM All Levels - Margaret Smith</li> </ul>	<p>28</p> <p><b>Memorial Day</b></p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Woody</li> <li>9:30 AM L1 Gentle - Woody</li> <li>11:00 AM Intro to Dance - Sandra</li> <li>4:00 PM L1 Vinyasa - Sandra</li> <li>5:30 PM L1 Gentle - Linda</li> <li>7:00 PM FlowYin - Linda</li> </ul>	<p>29</p> <ul style="list-style-type: none"> <li>8:00 AM All Levels - Alex</li> <li>9:30 AM L1 Gentle - Amie</li> <li>11:00 AM Chair Yoga - Amie</li> <li>5:30 PM L1 Gentle - Carolina</li> <li>6:30 PM Pause 30 - Carolina</li> <li>7:00 PM Yin/Restorative - Carolina</li> </ul>	<p>30</p> <ul style="list-style-type: none"> <li>8:00 AM L2 Vinyasa - Carolina</li> <li>9:00 AM AB 30 - Carolina</li> <li>9:30 AM L1 Gentle - Carolina</li> <li>5:30 PM All Levels - Vonda</li> <li>7:00 PM Yin/Restorative - Vonda</li> </ul>	<p>31</p> <ul style="list-style-type: none"> <li>8:00 AM L1 Vinyasa - Vonda</li> <li>9:30 AM L1 Gentle - Nancy</li> <li>11:00 AM Chair Yoga - Nancy</li> <li>5:30 PM L1 Gentle - Brie</li> <li>7:00 PM FlowYin - Margaret</li> </ul>	<p>1</p> 	<p>2</p>

Contact Us @ [truenorthyoga1@gmail.com](mailto:truenorthyoga1@gmail.com)

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**New to our studio?  
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- ▶ CHAIR YOGA ~ 50 to 60 minute classes - a gentle form of yoga that is practiced sitting in a chair, or standing using a chair for support.
- ▶ YIN/RESTORATIVE ~ 60 minute class is open to all levels - all poses are on the floor. Yin yoga poses are held for longer periods of time allowing access to the connective tissues of the hips, pelvis, and lower spine.
- ▶ LEVEL 1 GENTLE ~ 60 or 70 minute class focuses on flexibility, stress relief and relaxation. Perfect for those who prefer a more restorative and relaxing class. Suited for all levels; sequence does not necessarily flow from pose to pose.
- ▶ LEVEL 1 VINYASA ~ This 60 or 75 minute flowing class works at a moderate pace. Great way to dissolve tension. Open to all levels of practitioners with a focus on beginner cues and instruction.
- ▶ LEVEL 2 VINYASA ~ 60 minute class is an energetic practice that strengthens and tones the entire body. Slightly less instruction for those with at a basic understanding of yoga poses and flows; moderately heated. Some inversions may be included.
- ▶ ALL LEVELS VINYASA ~ 60 or 75 minute class may be heated to 90+, encompasses all levels of practitioners who have some basic knowledge of asana poses.
- ▶ AB 30 ~ Targeted to strengthen your core, come and join in on 30 minutes of abdominal work.
- ▶ PAUSE 30 ~ 30 minute class using meditation, breathing, and stretching techniques to bring you back in the now. Yogis and beginners alike will experience the benefits to the mind and body through this class.
- ▶ INTRO TO DANCE ~ 50 minute class is a beginner dance class for all ages and uses basic Jazz technique and coordination in a fun and playful way.
- ▶ MEDITATION/YOGA NIDRA CLASS ~ 50 minute class focus is on breathing and meditating. (back on June schedule)
- ▶ MOMMY & BABY YOGA ~ 60 minute class, this is a fun yoga class for Mamas and their babies aged birth to 18 months. Please bring a blanket for baby to lie on.
- ▶ FLOWYIN - 60 minute class is a combination of Vinyasa Flow & Yin

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**FLEX**  
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