Vrksasana YOGA
HEBER-OVERGAARD, AZ

Fall + Winter

WEEKLY CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00 PM **MINDFUL MOVEMENT** *All Levels*	10:30 AM **GENTLE** *Slow & Chill* 12:00 PM **MINDFUL MOVEMENT** *All Levels* 1:30 PM **CHAIR** *Balance & Strength* 4:00 PM **GENTLE** *Slow & Chill* 5:15 PM **MINDFUL MOVEMENT** *All Levels*	7:30 AM **MINDFUL MOVEMENT** *All Levels* 6:00 PM **YIN BY CANDLELIGHT**	10:30 AM **GENTLE** *Slow & Chill* 12:00 PM **MINDFUL MOVEMENT** *All Levels* 1:30 PM **CHAIR** *Balance & Strength* 4:00 PM **HATHA** *Foundations & Alignment* 5:30 PM **NIDRA** *Rest & Renewal*	8:30 AM **MINDFUL MOVEMENT** *All Levels* 10:00 AM **GENTLE** *Slow & Chill* 11:30 AM **MINDFUL MOVEMENT** *All Levels* 4:30 PM **COMMUNITY** *FREE*	8:00 AM **MINDFUL MOVEMENT** *All Levels* 9:30 AM **GENTLE** *Slow & Chill* 11:00 AM **CHAIR** *Balance & Strength*	9:00 AM **SLOW FLOW** *Sunday Morning Vibes* 3:00 PM **RESTORATIVE** *Supported Stillness*

ROOT • RISE • REACH | heberovergaardyoga.com ♡ | CLASSES 7 DAYS A WEEK
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