

rooted tree massage & yoga schedule week two

Saturday	Sunday	Monday	Tuesday	Wednes	Thursday	Friday
Focus Flow with Candace 9-9:30am	Saturday April 4th – Friday, April 10th	Wake up Flow with Sheila 8-8:20am	Kundalini weekly class with Sheila 7-7:45/8am	Wake up Flow with Sheila 8 – 8:20am	Spring Morning Stretch with Candace 7:15-8am	Kid's Yoga with Candace 9 – 9:30am
Yin and Yang Yoga with Shelby 11:30am-12:30pm	Yin and Yang Yoga with Shelby 11am-12pm	Calming Flow with Sheila 9-10am	Yin and Yang Yoga with Shelby 8:15-9:15am	Kundalini Wake-up Set With Sheila 9-9:45		Spring Morning Stretch with Candace 10- 10:45
Contact us to purchase a 7 DAY PASS: \$20 access to all the classes listed here for 7 days starting at time of purchase!	Gentle Yoga with Sheila 12:30-1:30pm	Kundalini for Distress with Sheila 12:15 – 12:45pm	Centering Flow with Sheila 12:15 – 12:45pm	Shake it off with Sheila 12:15 – 12:45pm	Centering Flow with Sheila 12:15 – 12:45pm	
		Shake it off & Breathe with Sheila 3-3:30pm	Balance Flow with Sheila 3:30 - 4pm	Calming Flow with Sheila 3-4pm	Kriya for Energizing the Self with Sheila 3:30 - 4pm	
	Calming Flow with Sheila 8-9pm	Yin Yoga Restorative with Stef 7:30-8:30pm		Full Moon Lunar Flow with Sheila 8:20 – 9:35pm	Virtual Schedule – all classes online using ZOOM	
						Hatha Vinyasa with Shelby 7:15-8:15pm

Don't forget to sign up for your class with some notice so we can send you a link to your class!

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