



Online Zoom Yoga Classes

JUNE 2021

SUN

MON

TUE

WED

THU

FRI

SAT

		1 10:00-11:00am Chair Yoga w/ Patti 6:30-7:30pm Yoga Fundamentals w/ Riley	2 12:00-12:45pm Functional Yoga w/ Emily	3	4	5
6	7 7:00-8:00pm All Levels Flow w/ Laura	8 10:00-11:00am Chair Yoga w/ Catherine 6:30-7:30pm Yoga Fundamentals w/ Emily	9	10 12:00-12:45pm Meditation & Breathwork w/ Emily 1:30-2:30pm Gentle Mobility w/ Emily	11	12
13	14 7:00-8:00pm All Levels Flow w/ Emily	15 10:00-11:00am Chair Yoga w/ Emily 6:30-7:30pm Yoga Fundamentals w/ Riley	16 12:00-12:45pm Functional Yoga w/ Emily	17	18	19
20	21 7:00-8:00pm All Levels Flow w/ Laura	22 10:00-11:00am Chair Yoga w/ Catherine 6:30-7:30pm Yoga Fundamentals w/ Emily	23	24 12:00-12:45pm Meditation & Breathwork w/ Emily 1:30-2:30pm Gentle Mobility w/ Emily	25	26 Functional Vinyasa CE Workshop 9am-12pm
27	28 7:00-8:00pm All Levels Flow w/ Emily	29 10:00-11:00am Chair Yoga w/ Patti 6:30-7:30pm Yoga Fundamentals w/ Riley	30 12:00-12:45pm Functional Yoga w/ Emily			

Sign up on MindBody app or Visit www.livebreatheinspire.com