




# NAPA VALLEY YOGA CENTER

- Classes are 1 hour & 15 minutes unless otherwise noted
- Schedule subject to change: check [www.NapaValleyYogaCenter.com](http://www.NapaValleyYogaCenter.com)
- Mats, props, hand towels, & filtered water are provided free of charge
- Please arrive 10 minutes before class starts to check in & set up

-  *Relaxing, more gentle*
-  *Invigorating, adaptable for all levels of experience*
-  *Challenging, recommended for more advanced yogis & those looking to advance*

New classes starting!	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am		<b>Strong Vinyasa</b> 1 hour • <i>Allison</i> Lotus Room  Advanced		<b>Strong Vinyasa</b> 1 hour • <i>Allison</i> Lotus Room  Advanced			
7:00 am	<b>Flow &amp; Go</b> 1 hour • <i>Diana</i> Lotus Room  All levels	<b>Flow &amp; Go</b> 1 hour • <i>Diana</i> Lotus Room  All levels	<b>Flow &amp; Go</b> 1 hour • <i>Diana</i> Lotus Room  All levels	<b>Flow &amp; Go</b> 1 hour • <i>Diana</i> Lotus Room  All levels	<b>Flow &amp; Go</b> 1 hour • <i>Diana</i> Lotus Room  All levels		
7:30 am						<b>Get Up &amp; Flow</b> <i>Nichole G.</i> Lotus Room  All levels	<b>Get Up &amp; Flow</b> <i>Annie</i> Lotus Room  All levels
9:00 am	<b>Mindful Flow</b> <i>Brenda</i> Lotus Room  All levels	<b>Iyengar</b> Lotus Room  All levels	<b>Iyengar</b> <i>Stacie</i> Lotus Room  All levels	<b>Feel Your Flow</b> <i>Jessica</i> Lotus Room  All levels	<b>Strong Vinyasa</b> <i>Courtney</i> Lotus Room  Advanced	<b>Strong Vinyasa</b> <i>Nicole</i> Lotus Room  Advanced	<b>Hatha Flow</b> <i>Michelle</i> Lotus Room  All levels
		<b>Yin</b> <i>Juan</i> Studio Be  All levels	<b>Strong Vinyasa</b> <i>Courtney</i> Studio Be  Advanced			<b>Holistic Flow</b> <i>Elizabeth</i> Studio Be  All levels	<b>Yin</b> <i>Nicole</i> Studio Be  All levels
10:30 am	<b>Yinyasa</b> <i>Nicole</i> Lotus Room  All levels	<b>From the ♥ Flow</b> <i>Krista</i> Lotus Room  All levels	<b>Slow Strength Flow</b> <i>Jan</i> Lotus Room  All levels	<b>Move with Your Breath</b> <i>Irene</i> Lotus Room  All levels	<b>Yin</b> <i>Nicole</i> Lotus Room  All levels	<b>11:00pm - 12:15pm</b> <b>Iyengar</b> Lotus Room  All levels	<b>Strong Vinyasa</b> <i>Courtney</i> Lotus Room  Advanced
		<b>Chair yoga</b> <i>Andrew</i> Studio Be					
4:30 pm	<b>Strong Vinyasa</b> <i>Ashley</i> Lotus Room  Advanced	<b>Find Your Flow</b> <i>Ashley</i> Lotus Room  All levels	<b>Mindful Flow</b> <i>Brenda</i> Lotus Room  All levels	<b>Find Your Flow</b> <i>Annie</i> Lotus Room  All levels	<b>Connect &amp; Flow</b> <i>Tony</i> Lotus Room  All levels		<b>Flow &amp; Let Go</b> <i>Michelle</i> Lotus Room  All levels
6:00 pm	<b>Hatha</b> 1.5 hour • <i>Juan</i> Lotus Room  All levels	<b>Strong Vinyasa</b> <i>Nicole</i> Lotus Room  Advanced	<b>Strong Vinyasa</b> <i>Elizabeth</i> Lotus Room  Advanced	<b>Strong Vinyasa</b> <i>Nichole G.</i> Lotus Room  Advanced	<b>Friday Flow</b> <i>Nicole</i> Lotus Room  All levels		
	<b>Prenatal yoga</b> <i>Lili</i> Studio Be	<b>Beginners Yoga</b> <i>Yoga for the Inflexible</i> <i>Katie</i> Studio Be  Beginners	<b>Yin/Restorative</b> <i>Michelle</i> Studio Be  All levels	<b>Beginners Yoga</b> <i>Yoga for the Inflexible</i> <i>Natacha</i> Studio Be  Beginners			

Mar. 4

[www.NapaValleyYogaCenter.com](http://www.NapaValleyYogaCenter.com)

for upcoming events, workshops, teacher training,  
& up-to-date class schedule

v2.25.20

[connect@NapaValleyYogaCenter.com](mailto:connect@NapaValleyYogaCenter.com)

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