



65959 Van Dyke, Washington, MI
<https://whitelotusyoga.net/> 586-752-2700
Black for Large Room -Blue for Small Room

SCHEDULE OF CLASSES

Monday

9:00 ~ 10:00am	Basic/Intro	Randi
5:15 ~ 6:15pm	Flow	Carrie
6:30 ~ 7:30pm	Slow Flow	Natasha
<u>6:30 ~ 7:45pm</u>	<u>Intro into AIReal Yoga™</u>	<u>Susi</u>
8:00 ~ 9:00pm	Yin	Kaila

Tuesday

9:00 ~ 10:00am	Basic/Intro	Natasha
5:15 ~ 6:15pm	Gentle Basic	Peggy
6:30 ~ 7:45pm	Hot Flow	Tammy
8:00 ~ 9:00pm	FREE Guided Meditation	Peggy

Wednesday

10:00 ~ 11:00am	Slow Flow	Susi
5:15 ~ 6:15pm	Yin & Yang	Julie
6:30 ~ 7:30pm	Yoga & Weights	Leah
<u>6:30 ~ 7:45pm</u>	<u>AIReal Yoga™</u>	<u>Susi</u>
8:00 ~ 9:00pm	Yin	Stephanie N.

Thursday

9:00 ~ 10:00am	Gentle Basic	Peggy
5:15 ~ 6:15pm	Flow	Susi
6:30 ~ 7:45pm	Candlelight Yin	Natasha
<u>6:30 ~ 7:45pm</u>	<u>Strength Training AIReal</u>	<u>Tammy</u>

Friday

9:00 ~ 10:00am	Basic/Intro	Natasha
6:30 ~ 7:30pm	Basic/Intro	Kaila

Saturday

8:30 ~ 9:45am	Hot Flow	Tammy
10:00 ~ 11:15am	Therapeutic Release	Taylor
<u>10:15 ~ 11:30am</u>	<u>Strength Training AIReal</u>	<u>Tammy</u>
11:30 ~ 12:30pm	Flow	Carrie

Sunday

9:00 ~ 10:00am	Yoga & Weights	Leah
10:30 ~ 12:00pm	Ashtanga Short Form	Tammy
6:00 ~ 7:00pm	Mindfulness Yin	Kat
<u>6:00 ~ 7:15pm</u>	<u>Strength Training AIReal</u>	<u>Tammy</u>



Search: "White Lotus Healing & Yoga" on Facebook!