



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
5:15 ~ 6:15pm	Ashtanga Short Form	Peggy
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
8:00 ~ 9:00pm	Free Meditation	Peggy

### Tuesday

9:00 ~ 10:00am	Basic/Intro	Natasha
<u>12:00 ~ 1:00pm</u>	<u>Mid-Day Yoga</u>	<u>Kim (Starting Jan 25)</u>
5:15 ~ 6:15pm	Gentle Basic	Peggy
<u>5:15 ~ 6:15pm</u>	<u>Flow</u>	<u>Makayla</u>
6:30 ~ 7:45pm	<u>Hot Flow</u>	Tammy

### Wednesday

9:00 ~ 10:00am	Basic/Intro	Kat
5:15 ~ 6:15pm	Yin & Yang	Julie
6:30 ~ 7:45pm	Hot Flow	Alexandra
<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
10:15 ~ 11:15am	Flow	Peggy
12:00 ~ 1:00pm	Mid-Day Yoga	Kim (Starting Jan 27)
5:15 ~ 6:15pm	Power Vinyasa Flow	Susi
6:30 ~ 7:30pm	Candlelight Yin	Natasha
<u>6:30 ~ 7:30pm</u>	<u>Yoga &amp; Weights</u>	<u>Leah</u>

### Friday

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

### Saturday

8:30 ~ 9:45am	<u>Hot Flow</u>	Tammy
10:00 ~ 11:15am	Basic Therapy	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 ~ 7:15PM	Mindfulness Yin	Kat
<u>6:00 ~ 7:15pm</u>	<u>Strength Training AIReal</u>	<u>Tammy</u>



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

Updated 1/13/21